What to do today

IMPORTANT Parent or Carer – Read this page with your child and check that you are happy with what they have to do and any weblinks or use of internet.

1. Make up a revolting menu

- Read *Menu*. What would you choose to eat? What do you think your friends and family would eat?
- Read *Betty's Butty*. Which, in your opinion, is the worst food described?
- Make a menu for Betty's Butty. Write short descriptions of some of the meals, add your own ideas for revolting food and add pictures too.

2. Read gross recipes

- Look at the *Gross Recipe – Pictures*. These have all been made to be edible but to look awful.
- Match the Picture, Ingredients and Methods. Which of these recipes do you think looks best? Which would you most like to try?

Well done! You can check your answers at the end of this pack.

3. Make up recipes

- Read *Roald Dahl Recipes*. Choose one of the foods that he invented and make-up a recipe for it. Include a picture, ingredients and method in your recipe.

Menu

BIG ONES

Big breakfasts for hungry folk!

THE FULL ENGLISH
£6.95

Two fried eggs, two rashers of back bacon, Lincolnshire sausage, sautéed mushrooms, grilled tomato and baked beans, served with two slices of toasted white bloomer and butter.

VEGGIE BREAKFAST
£5.95

Two fried eggs, two Quorn sausages, sautéed mushrooms, grilled tomato and baked beans, served with two slices of toasted white bloomer and butter.

2-4-1 ON ALL BIG BREAKFASTS!!

TOASTIES

For all you bread lovers out there!

1 FILLING £2.50
2 FILLINGS £3.50
4 FILLINGS £4.50

Choose your fillings:

GRILLED BACK BACON
LINCOLNSHIRE SAUSAGES
QUORN SAUSAGES
FRIED EGGS
MONTEREY JACK CHEESE
GRILLED PORTOBELLO MUSHROOMS

EXTRAS

All breakfast extras 75p each:

Farmhouse sausage • rasher of bacon
fried egg • grilled tomato • baked beans
button mushrooms • hash brown • toast

LOVELY DRINKS

What do you fancy?

FAIRTRADE HOT DRINKS
£2

ESPRESSO
A small measure with a golden crema.

AMERICANO
Espresso and hot water.

CAPPUCCINO
Espresso with steamed and foamed milk.

CAFFE LATTE
Espresso and steamed milk.

HOT CHOCOLATE
Steamed milk blended with the finest cocoa.

CAFFE MOCHA
Espresso with cocoa and steamed milk.

POT OF TEA
Pure Kenyan tea.

FRUIT JUICES

Please ask about our selection of juices.

REVOLUTION
MILTON KEYNES

Betty's Butty

At Betty's Butty you will find
Delicious food of every kind:
Fried rats' tails and slugs on toast -
Though beetle dung's a tasty roast.

At Betty's Butty try the worms -
Oh come on! Don't sit there and squirm.
Mixed with spaghetti, they're a treat
Though some might find them rather sweet.

At Betty's Butty, there's much more
Which hungry children will adore:
Shredded boots and old-shoe stew -
These delicacies are good for you.

At Betty's Butty - try her cakes!!!
They're often made from rotting snakes
But with rat sauce and sweet poo spice
I think you'd find them rather nice.

At Betty's Butty - - Oh! Come back-
I haven't started yet on snacks!
Well, since you don't want help from me
I'm off to get some green grass tea.

By Josie Whitehead

https://josiewhitehead.wixsite.com/josiespoems/betty-s-butty

Gross Recipes - Pictures

Frogspawn

Rotten Eggs

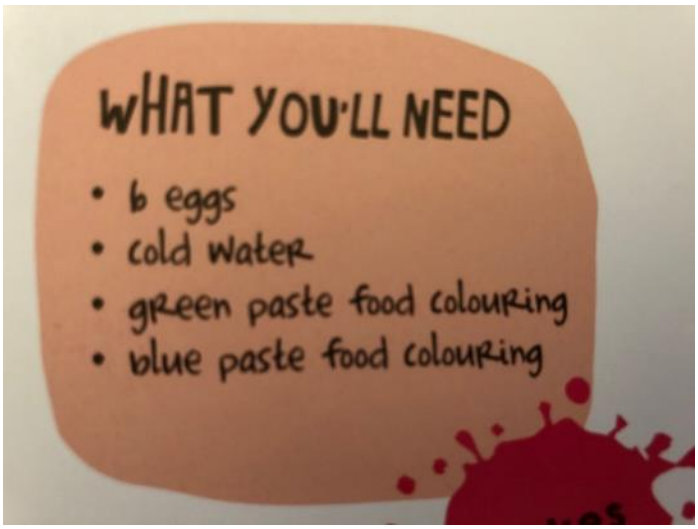
Eyeball Ice Cubes

Roasted Mice

from This Cookbook is Gross by Susanna Tee

Gross Recipes - Ingredients

1



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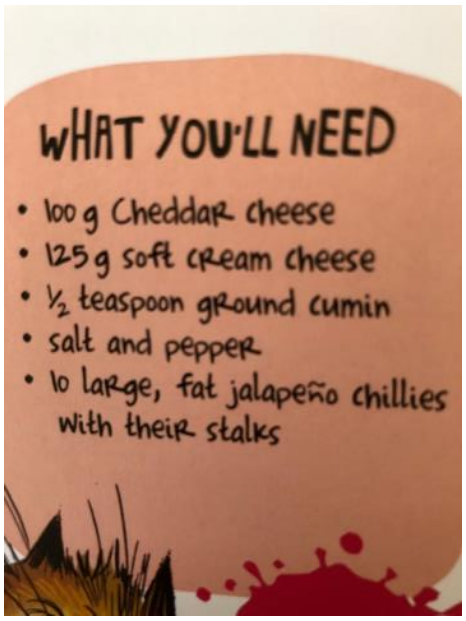

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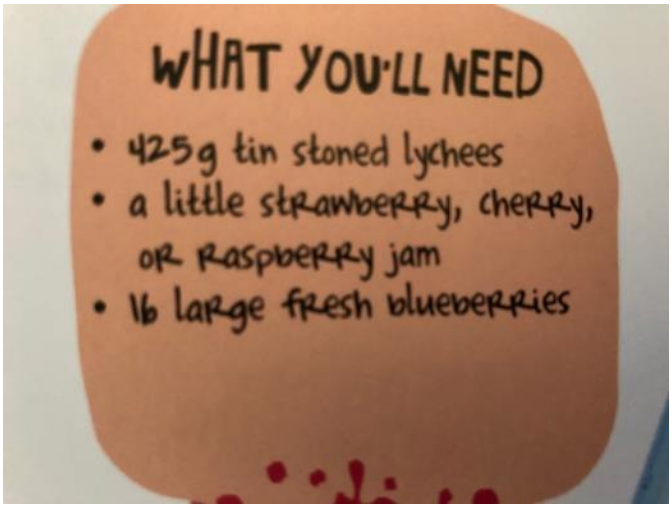

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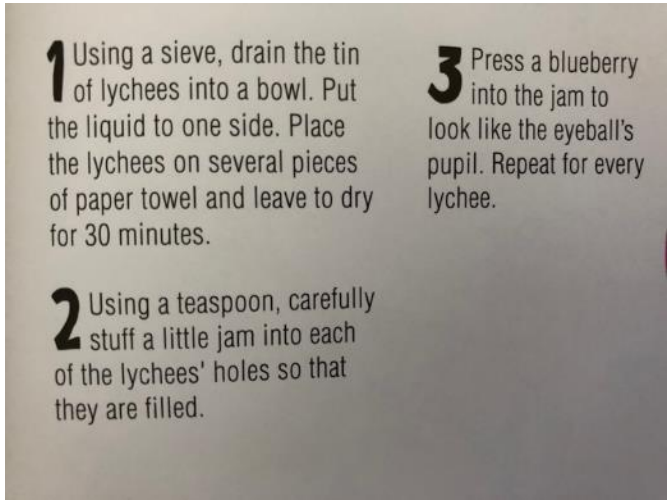
from This Cookbook is Gross by Susanna Tee

Gross Recipes - Methods

A

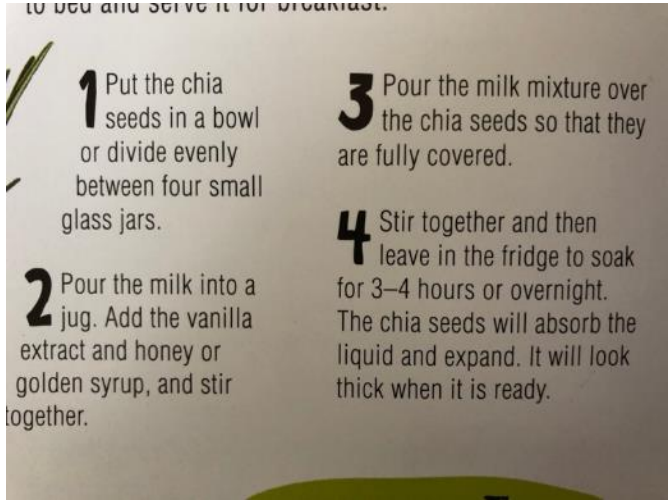


1 Using a sieve, drain the tin of lychees into a bowl. Put the liquid to one side. Place the lychees on several pieces of paper towel and leave to dry for 30 minutes.

2 Using a teaspoon, carefully stuff a little jam into each of the lychees' holes so that they are filled.

3 Press a blueberry into the jam to look like the eyeball's pupil. Repeat for every lychee.

B



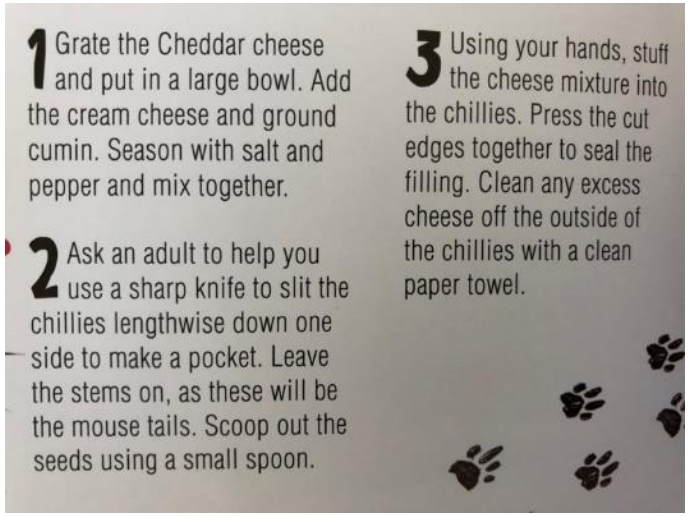
1 Put the chia seeds in a bowl or divide evenly between four small glass jars.

2 Pour the milk into a jug. Add the vanilla extract and honey or golden syrup, and stir together.

3 Pour the milk mixture over the chia seeds so that they are fully covered.

4 Stir together and then leave in the fridge to soak for 3–4 hours or overnight. The chia seeds will absorb the liquid and expand. It will look thick when it is ready.

C

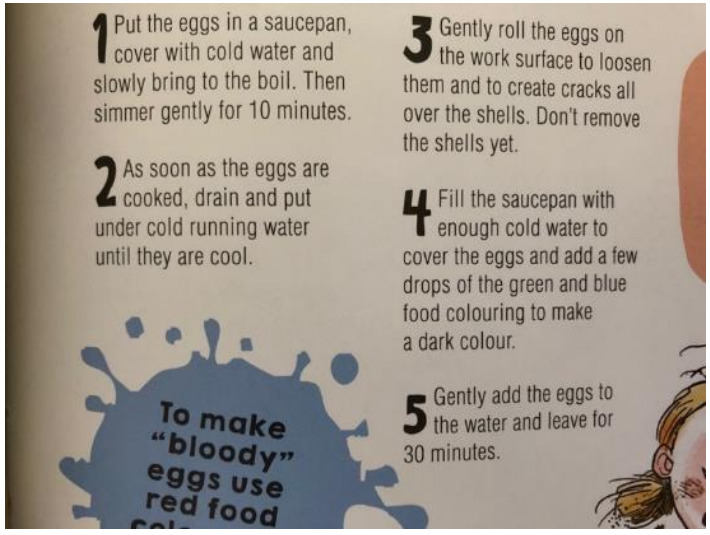


1 Grate the Cheddar cheese and put in a large bowl. Add the cream cheese and ground cumin. Season with salt and pepper and mix together.

2 Ask an adult to help you use a sharp knife to slit the chillies lengthwise down one side to make a pocket. Leave the stems on, as these will be the mouse tails. Scoop out the seeds using a small spoon.

3 Using your hands, stuff the cheese mixture into the chillies. Press the cut edges together to seal the filling. Clean any excess cheese off the outside of the chillies with a clean paper towel.

D



1 Put the eggs in a saucepan, cover with cold water and slowly bring to the boil. Then simmer gently for 10 minutes.

2 As soon as the eggs are cooked, drain and put under cold running water until they are cool.

3 Gently roll the eggs on the work surface to loosen them and to create cracks all over the shells. Don't remove the shells yet.

4 Fill the saucepan with enough cold water to cover the eggs and add a few drops of the green and blue food colouring to make a dark colour.

5 Gently add the eggs to the water and leave for 30 minutes.

To make "bloody" eggs use red food

from This Cookbook is Gross by Susanna Tee

Roald Dahl Recipes

Choose one of the imaginary foods from Roald Dahl's books. Make up a recipe for making this food.

Include a picture, ingredients and a method in your recipe.

Choose one of these foods:

- **Stink Bugs' Eggs** (James and the Giant Peach)
- **Crispy Wasp Stings on a Piece of Buttered Toast** (James and the Giant Peach)
- **Fresh Mudburgers** (James and the Giant Peach)
- **Hot Frogs** (James and the Giant Peach)
- **Lickable Wallpaper** (Charlie and the Chocolate Factory)
- **Frobscottle** (A green drink – The BFG)
- **Eatable Marshmallow Pillows** (Charlie and the Chocolate Factory)
- **Stickjaw for Talkative Parents** (Charlie and the Chocolate Factory)

Gross Recipes – Answers

Frogspawn

Ingredients – 4

Method - B

Rotten Eggs

Ingredients – 1

Method - D

Eyeball Ice Cubes

Ingredients – 3

Method - A

Roasted Mice

Ingredients – 2

Method - C