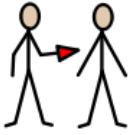
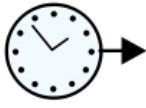




Baked Potato with Fillings



You

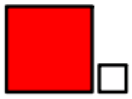


will



need:

2



2

large



potatoes



vegetable



brush

2



2 tablespoons

of



vegetable oil



kitchen paper



butter

or



margarine

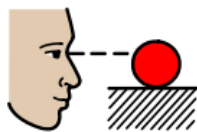


knife and fork

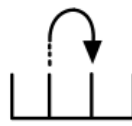


choice

of fillings



(look at



next



page)



Fillings: Choose from A B or C

1



A. 1 small tin of tuna, and

$\frac{1}{2}$



half a small tin of sweetcorn



both emptied into a bowl and



mixed with 1 tablespoon of mayonnaise

1



B. one large tin of baked beans,



emptied into a pan and heated up.



60g of grated cheese

1



C. 1 small tub of houmous

3



3 teaspoons of pesto stirred into the houmous

1



2



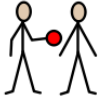
1 medium tomato, 2 spring onions all



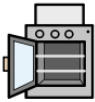
chopped into small pieces and mixed together



Instructions:



1. First get your adult. Wash your hands and put an apron on.



200°C



2. Put the oven on to 200C gas mark 6



3. Wash and scrub the potatoes with the vegetable brush and water



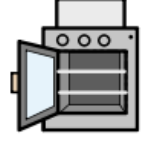
4. Stab each potato 5 times with a fork all over. This stops the



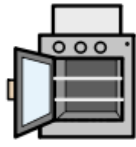
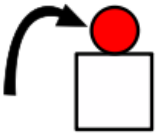
potato skins bursting in the oven. Rub the potatoes with the



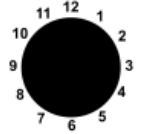
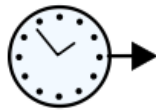
vegetable oil. This makes the skins go crispy in the oven.



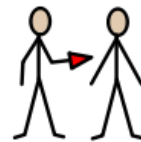
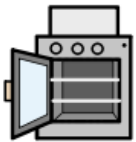
5. Carefully put the potatoes in the oven



onto an oven shelf.



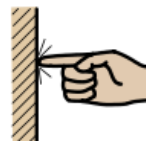
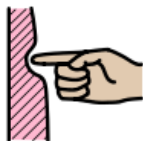
6. The potatoes will take about an hour



to cook. Get an adult to help you



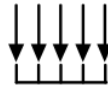
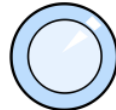
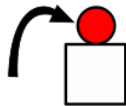
test them with a knife. The potatoes



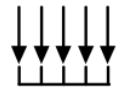
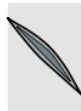
should be soft, not hard.



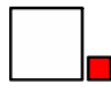
7. Use an oven glove to hold the potatoes.



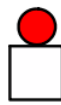
Put them onto a plate each.



8. Use a knife to make a slit in the top of each



potato. Put a small blob of butter or margarine in the



slits. Put the filling on top of the potatoes. Time to



eat - but make sure the potatoes are not too hot!



Please send us a photo of



your potatoes!



EVIDENCE
FOR LEARNING