






# Cook

**Demonstrate the following to the examiner:**

-  Boil an egg for three minutes, remove the top from the egg and serve up the egg in an eggcup.
-  Prepare a sandwich for your school lunch, using your favourite filling. Wrap the sandwich up and put it in your lunch box.
-  Explain the benefit of including a piece of fruit with the lunch.
-  Wash, dry and put away the dishes you used.
-  Help prepare the evening meal for your family for a week.

**Colour in each egg when you have completed each task!**



Tasks completed

Signed \_\_\_\_\_