

# A Veggie Ninja's Cooking Calendar

## Cooking Schedule

Veggie Ninja: \_\_\_\_\_  
usually cooks:

- ☐ at the start of the week ☐ on the weekend \_\_\_\_\_ (insert weekday).  
☐ at the end of the week ☐ on holiday

Supermarket shopper: \_\_\_\_\_  
gets the shopping list on:

Remember to check  
the fridge first!

## Cooking Timetable

I'm going to cook:

Date	Recipe



Done!

Taste	Tidiness
/ 5	/ 5
/ 5	/ 5
/ 5	/ 5
/ 5	/ 5
/ 5	/ 5
/ 5	/ 5

## Cooking skills

Use a knife



Using a dishcloth



Use a blender



Cutting chillies



Download the Carrot Kitchen app  
and watch the free skill videos!

## Veggie Dream

What is the most unusual veggie you would like to try? How would you cook it?



Why not challenge a  
friend or sibling to see  
how quickly you can use  
all of the fruits and  
veggies below? Who do  
you think will win?

## Veggie Checklist

Tick the box every time you cook  
with any of the ingredients below!



☐ banana



☐ apple



☐ blueberries



☐ cherries



☐ coriander



☐ garlic



☐ watermelon



☐ strawberries



☐ tomato



☐ pear



☐ lemon



☐ carrot



☐ raspberries



☐ basil

## Veggie Ninja Challenge

Choose any vegetable you want and try three different recipes with it! For example, you could roast carrots, eat them raw with your favourite dip and make carrot cake for dessert.

Ingredient

Recipes

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Bye food waste!