

Pasta Pro's Cooking Calendar

Remember to
check the kitchen
cabinets first!

Cooking Schedule

Pasta Pro: _____

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: _____

Cooking Timetable

I'm going to cook:

Date	Recipe

Done!

Taste

Tidiness

/ 5

/ 5

/ 5

/ 5

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Pasta Skills

Boil pasta



Cut an onion



Clean the kitchen



Use a scale



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

Pasta Goals

- ☐ I have used three different types of pasta
- ☐ I cooked pasta for my whole family
- ☐ I used parmesan cheese
- ☐ I used my favourite fillings in the pasta sauce

3 Recipes for Pasta Pro

1. Fast And Fuelling Pasta Fredda

With large white beans packed with loads of flavour, this dish tastes even better the next day, making it perfect for meal-prepping for families who live life on-the-go!

2. One-Pot Spaghetti Bolognese

This pasta recipe is a classic, loved by everyone! Plus, this dish is made in one pot, so there is hardly any washing up!

3. 3P - Pea Pesto Pasta

The secret of this super green pasta is yummy peas! You can use either fresh or frozen ones.

Pasta Quiz

1. In which country pasta was invented?

- a) Italy b) China c) United States

2. What wheat is pasta flour made from?

- a) Rumrum wheat b) Durum wheat c) Drummu wheat

3. Why should you save a bit of the pasta water?

- a) You can use it to smooth your pasta sauce.
 b) You can clean a frying pan with it.
 c) You can use it to water your plants.

4. What part of the body is linguine-pasta named after?

- a) Ear b) Finger c) Tongue

Pasta Challenge

Can you identify all of the pasta types in the images below? Which is your favourite?

