First published in the UK in 2018 by
Ivy Kids
An imprint of The Quarto Group
The Old Brewery
6 Blundell Street
London N7 9BH
United Kingdom
www.QuartoKnows.com

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British Library Cataloguing-in-Publication Data
A catalogue record for this book is available from the British Library.

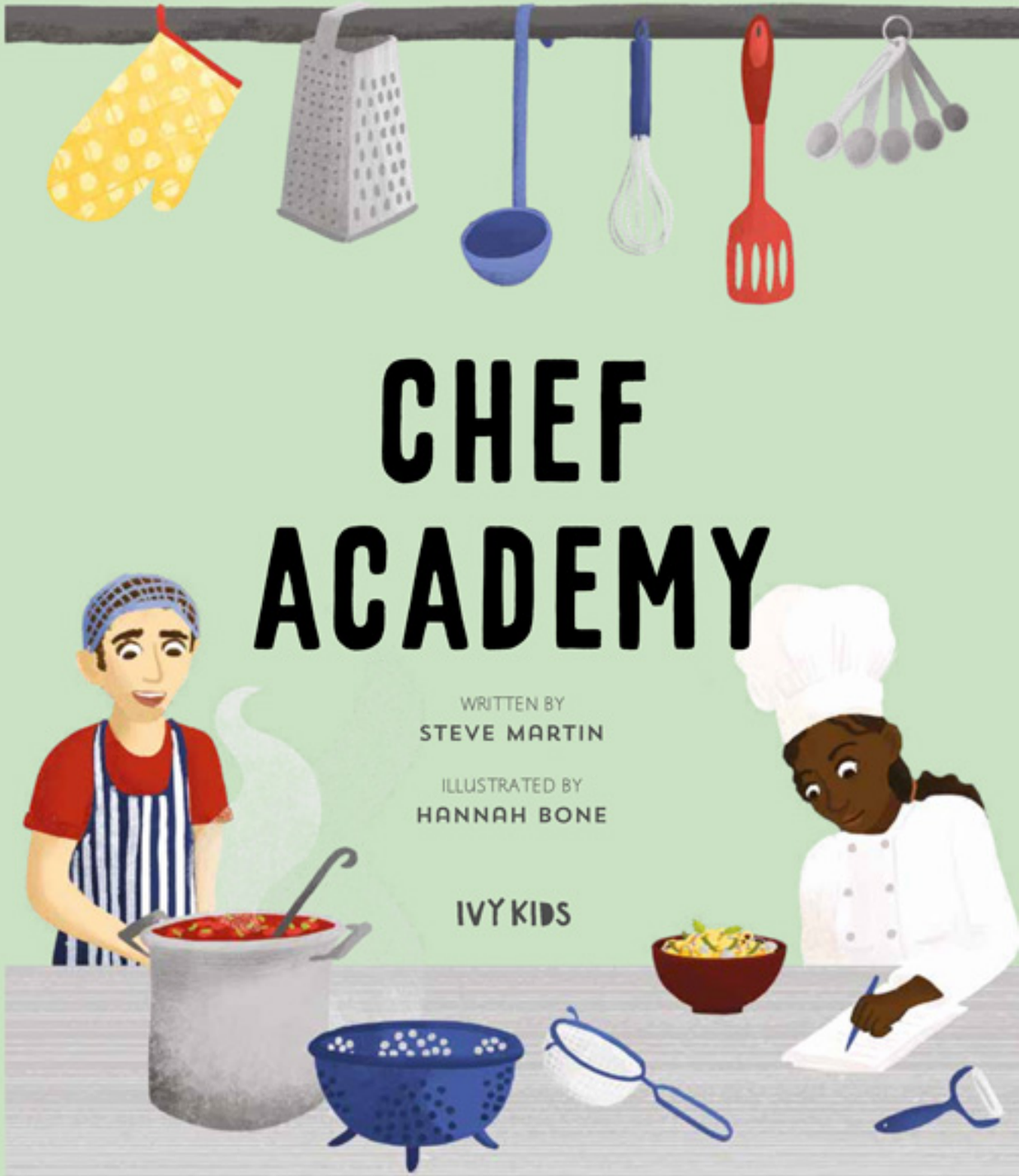
ISBN: 978-1-78240-594-8

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Printed in China

1 3 5 7 9 10 8 6 4 2



CHEF ACADEMY

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IVY KIDS

WELCOME TO CHEF ACADEMY!

Congratulations! You have now joined Chef Academy, where you will learn all about the different skills needed to become a chef.

Most people can prepare something to eat – even just a sandwich – but not everyone is a chef. Being a chef is not just about making delicious food, but also about managing a team of cooks in the kitchen, buying the best ingredients and making sure that your restaurant is a success.

Chefs are needed in many different places. They can be found cooking delicious meals wherever there's a kitchen – in schools, hospitals and hotels.

As you complete the tasks in this book, you will learn what a chef needs to be able to do. This includes:

- learning about different flavours
- exploring new cooking methods
- following recipes
- planning a menu.





Before you enrol at Chef Academy, read the Academy Agreement carefully and sign it.





You can now fill in your Trainee Chef card.









FOOD SKILLS

IT'S ALL ABOUT —THE TASTE—



Find a mirror and stick out your tongue. Can you see bumps? Your taste buds are inside these bumps, and they tell you whether the food you are eating is sweet, salty, savoury, sour or bitter.

Your taste buds can identify five basic tastes. Chefs combine those five tastes in different ways to create many different flavours.

Your taste buds and nose work as a team to tell you how your food tastes – you might notice that food loses its flavour when your nose is blocked.



TASTE TEST

A chef needs a good sense of taste. You are going to carry out a test on your taste buds.

You will need: four different types of food, a scarf or eye mask, an adult helper.



1. Ask your adult helper to prepare the four different foods while you wait in another room.



2. Your adult helper will now blindfold you using the scarf or eye mask. No peeking!



3. Your adult helper will give you a mouthful of each food to taste, one at a time. Describe the flavour of each food out loud as you taste, and try to guess what it is.





4. Once you have finished, take off your blindfold. Did you guess correctly?



5. You can make the test more challenging by picking four similar things. For example, you could use four different types of fruit, four different drinks and so on.

When you have completed the taste test, place your Task Complete sticker here.

PLACE STICKER HERE

TASK COMPLETE

FOOD SKILLS

FOLLOWING A RECIPE

A trainee chef must learn how to follow a recipe. A recipe tells you how to make something, and there are a number of different parts to it.

This tells you how many portions of food the recipe will make.

This is how long it will take you to prepare the food.

This is how long it takes in total, including cooking or freezing time.

Read the list of ingredients before you start so that you can get everything ready.

Step-by-step instructions help you to complete the recipe in the right order.

The serving suggestion recommends seasonings, toppings and side dishes that will go well with the food.

ALLERGY
Check that the food in this recipe is safe for you to eat.

STRAWBERRY ICE CREAM

Serves: 4

Preparation time: 10 minutes

Total time needed: 6 hours

Ingredients:

15 strawberries
300 ml double cream
100 g condensed milk

Method:

1. Pull the green stalks off the strawberries.
2. Put the strawberries into a mixing bowl. Mash them with the back of a fork.
3. Add the double cream and use your fork to mix it with the strawberries.
4. Add the condensed milk and combine well.
5. Pour the mixture into a plastic container and leave in the freezer for 4 to 6 hours.

Serving suggestion:

Serve the ice cream in bowls. Add sprinkles, chocolate chips or other toppings.

WHICH MEAL?

The ingredients needed for four different meals are listed below. Can you identify which ingredient list is for which meal? Use the word bank to help you.

1. **INGREDIENTS:** lettuce, tomatoes, red onion, cucumber

MEAL: .....

2. **INGREDIENTS:** cherries, flour, butter, egg, sugar

MEAL: .....

3. **INGREDIENTS:** spaghetti, beef mince, tomato sauce, garlic, onions

MEAL: .....

4. **INGREDIENTS:** chicken, peppers, cumin, tomatoes, chilli, garlic

MEAL: .....

MEALS

CHICKEN CURRY
CHERRY PIE
MIXED SALAD
SPAGHETTI BOLOGNESE

When you have matched each meal to its ingredients, check your answers below and place your Task Complete sticker here.

PLACE STICKER HERE

TASK COMPLETE

ANSWERS 1 = Mixed salad 2 = Cherry pie 3 = Spaghetti bolognese 4 = Chicken curry