

How to Make a Healthy Dip

**A guide for teachers
and children**



Ranges of dips

- We have tasted many dips to taste.

(pictures 1-3 courtesy of the British Nutrition Foundation)



(2)



Hygiene

It is very important that we do these things before we prepare food. e.g.

- **Tie back long hair or even wear a hairnet.**
- **Roll back sleeves and put on an apron.**
- **Wash hand thoroughly.**
- **Wash tables with an anti-bacterial cleaner**

Equipment list

- Chopping board
- pot
- Tin opener
- Knife, fork and variety of spoons

Stages of Making

- Follow the recipe that you made yesterday to make your dip.

Presentation

- Presentation of your food product is very important. Place your dip on a plate and arrange a selection of dippers. e.g. carrot sticks, bread sticks and/or baton carrots.



Evaluate your product.

- Taste your product using the dippers.
- Fill out the evaluation sheet.