

**ISLINGTON FAMILY KITCHEN – ‘No bake carrot and coconut balls’**

[**https://youtu.be/zXhXtDM3zd8**](https://youtu.be/zXhXtDM3zd8)

**Watch the video, answer the questions**

1. **Family Kitchen recipes are …….**
2. **healthy**
3. **expensive**
4. **difficult**
5. **How many carrots do you need to make Carrot and Coconut balls?**
6. **6**
7. **2**
8. **3**
9. **How much coconut do you need?**
10. **60g**
11. **70g plus more for rolling**
12. **70g**
13. **Match the instruction verbs with the correct picture.**

* **grate**
* **chop**
* **peel**
* **mash**

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1. **Complete the sentences:**

Instead of added \_\_\_\_\_\_\_\_ , this recipe uses naturally occurring sugars from the carrots, bananas, coconut and \_\_\_\_\_\_\_.

These also all count towards our \_\_\_\_\_\_\_\_\_and are packed with \_\_\_\_\_\_\_\_\_\_, minerals and fibre.

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**Find more recipes on our website:**

**Summer Couscous Salad**

[**https://youtu.be/hDyOZeAjTbs**](https://youtu.be/hDyOZeAjTbs)

**Chocolate Courgette Brownie**

[**https://youtu.be/xQrNfZGiMz0**](https://youtu.be/xQrNfZGiMz0)

[**https://www.islington.gov.uk/children-and-families/things-to-do/lunch-bunch/recipes**](https://www.islington.gov.uk/children-and-families/things-to-do/lunch-bunch/recipes)