

# SHS SCHOOL CHALLENGE 6

For SHS School Closure Challenge 6 we would like you to get creative and helpful in the kitchen (especially if you have not already been doing so!)

**Plan and prepare a meal for your family.**

**One course, two course or three – the choice is yours!**

**Send in pictures of your meal with a short description of what you have made to [enquiries@spaldinghigh.lincs.sch.uk](mailto:enquiries@spaldinghigh.lincs.sch.uk) no later than Friday 19<sup>th</sup> June.**

Have a look through recipe books or the web. BBC Food and BBC Good Food and all the main supermarkets have extensive online recipes for inspiration. You may also need to adapt ingredients depending upon availability and cost. Be creative!

It may be that some of you might need help from older siblings or family members and so make sure that you seek help and support to complete the task safely.

