

This kit list is designed to provide the equipment for teaching staff to be able to deliver apetito's Vegetable Quiche Nutrition Workshop to 30 children with the assumption that the children will be preparing one quiche's per group of 5 pupils.

Perishable items:

- Pre-rolled shortcrust pastry sheets (approx. 2 small quiches can be made with one sheet depending on the size of the foil baking dishes)
- 24 medium eggs (4 eggs required per quiche)
- Pre-sliced frozen mixed peppers
- Pre-grated cheddar cheese
- Pre-diced frozen white onion
- Additional vegetables not mentioned in lesson plan but can be included: frozen sweetcorn, sliced mushrooms, sliced red onion, spinach leaves or frozen Mediterranean vegetable mix.
- Plain flour for dusting and rolling
- 1 x item in raw format for section one of lesson plan: 1x whole red pepper, 1x bottle of vegetable oil, 1x whole brown onion. (Note: bag of flour and grated cheese can be used in this section and do not require a 'whole' ingredient format).

Allergen free alternatives:

- Gluten free pastry
- Gluten free flour
- Dairy free cheese e.g. plant based alternatives

Reusable items:

- Foil dishes for cooking and storing quiches (with lids) - [Suggestion: 50 x Silver Foil Food Trays/Dishes/Containers & Lids](#)
- 10 x Child Safe Kitchen Knives - [Suggestion: 10 Pieces Child Kitchen Knife Set](#)
- Small Plastic Chopping Board - [Suggestion: Kitchen Plastic Cutting Board, Set of 6 \(Grey\)](#)
- Rolling pin - [Suggestion: 4 Pack 29cm Mini Rolling Pins](#)
- Jug for mixing eggs - [Suggestion: 9pk Plastic Measuring Jugs 1 Litre](#)
- Whisk - [Suggestion: 5Pcs Silicone Whisk](#)
- Ingredient bowls - [Suggestion: 60Pcs Reusable Plastic Bowls](#)
- Transparent water glass to show how much a glass of water is – to fit a minimum of 200ml water in

apetito provided assets:

- Eatwell Guide Floor Mat
- Lesson presentation slide deck
- Lesson plan
- 'Eat a rainbow' activity sheets
- Parents take home brochure.