

You can choose whatever main course meal you like so long as it has carbohydrate, protein and plenty of vegetables or salad

Modelling materials

Sponge foam can be cut into any shape

Sponge cloths are flat sheets of foam which is great for slices, e.g. bread, cheese, meat



Washing up sponges have a rougher foam texture when you tear them so they are good for more textured foods, e.g. broccoli

Washing up cloths are floppy so they are good for greens and salad leaves

String makes great noodles and spaghetti