



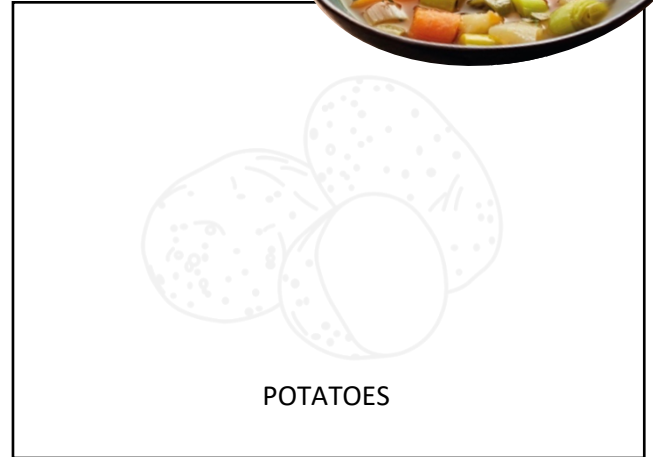
Name: _____



1. Draw the main ingredients used to make cawl



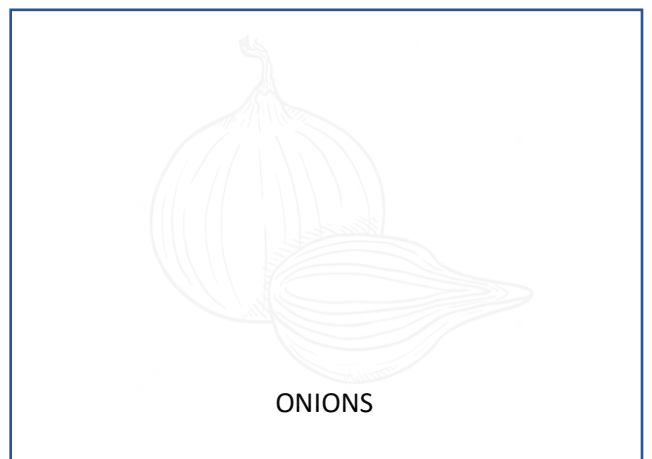
WELSH LAMB



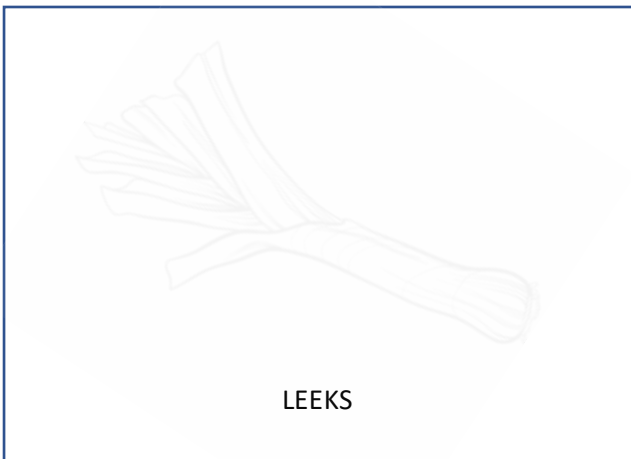
POTATOES



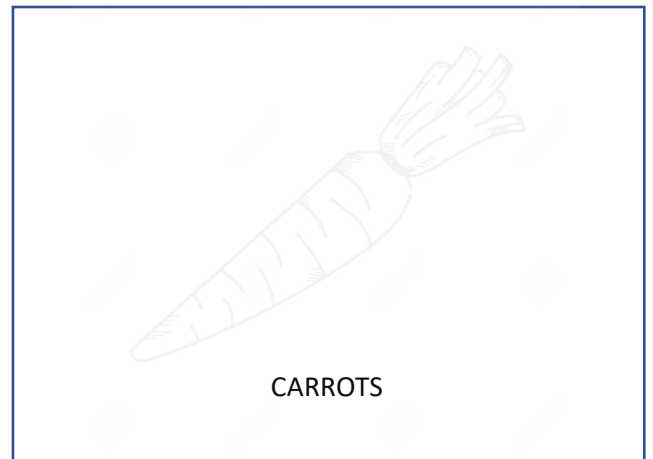
SWEDE



ONIONS



LEEKS



CARROTS



2. Traditional Welsh Lamb Cawl Wordsearch

H E R B S E P L L Z G H J L K B F E E G
A A X S V W S O T M S O L O N G L B O Q
X B N O I N O E T W N N E Q B P B L I X
Y K L I M Z U A E A T E E M P E M O L P
M R J U W W R U O H T Y K A E N P V E W
A R N V E W D Z C N C O H F U D Y P Q W
H I Y G E T B S R X B O E J A Y P D C W
O F F K D C G P J M X T X S B E I M F T
Y T C A A R H S A B Z D A L R J B N Y F
A C E R F O X L U W T U S G I W M N H U
R R R V U K H C O B R L T L K Z R S Y R
B O E V I S E D E W S A C Q K B K A C T
T P B S L U Q D C P A P E O K I A F G P
D W U E F A P P G A K J E M X L M C S T
R D W L F X U L H L Q X L U Y S K M O W
H I V O I X F C Z V I M Z G X H D O K N
P O R K T H Y D M F L M T D K X T N V N
T D P V V W M G P U D R F D H R D T B Y
P R N V K T L I X J Q X N V E I F I S X
E M E E B L B M I G Z Z M S A L T I U C

WELSH LAMB

OIL

PEPPER

ONION

LEEK

SALT

POTATOES



CARROT

SWEDE

THYME



3. a). Using the cawl recipe and the Eatwell Guide, identify which food group the ingredients come from.

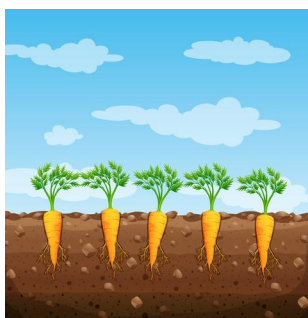
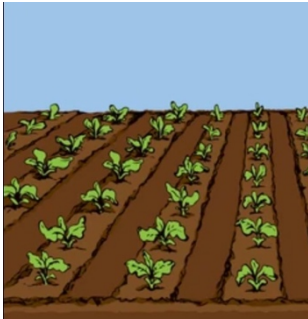
	Food Group	Ingredients
	FRUITS AND VEGETABLES	
	POTATOES, BREAD, RICE, PASTA, AND OTHER STARCHY CARBOHYDRATES	
	MILK AND DAIRY PRODUCTS (CHEESE, YOGHURT)	
	BEANS, FISH, EGG, MEATS AND OTHER PROTEINS	
	OIL AND SPREADS	

b). Do you think Cawl is a healthy meal? [] Yes [] No

c). Give a reason for your answer



4. Link the ingredients to where they come from with the pictures below:





5. Using the prices below and the cawl recipe, find the total cost.

Ingredient	Price
650g cubed Welsh Lamb	£6.50
1 onion	£0.20
3 leeks	£0.60
4 carrots	£0.28
½ swede	£0.25
4 large potato	£0.44
1 stock cube	£0.03
Salt and pepper	£0.05
Fresh thyme	£0.05

b). If the cawl is enough to serve 6 people, how much does it cost to serve 1 person? _____

c). Link the ingredients and their Welsh terms.

SALT	CIG OEN
SWEDE	OLEW
LEEKs	WINWNS
CARROTS	PUPUR
THYME	CENNIN
POTATO	HALEN
OIL	TATWS
LAMB	MORON
PEPPER	RWDEN
ONIONS	TEIM