

Microwaving tinned pasta

	Full adult support needed	Some adult support needed	Step completed independently
Collect equipment needed			
1. Open up the tin by pulling the ring pull up			
2. Put pasta in a microwavable bowl			
3. Put bowl in the microwave			
4. Set the microwave for one minute			
5. After heating take it out and stir with a spoon			
6. Put the bowl back in the microwave and heat for 30 seconds			
7. Take the bowl back out and stir again			
8. Put pasta on a plate. Wait for pasta to cool down before eating			

What went well?

Next time, it would be even better if:
