

How to...



How to make a bed

To make or change a bed you need:

- A fitted or flat sheet (this covers the mattress)
- A duvet cover (which needs to be the same size as the duvet. They usually come in sizes: single, double, queen, king, super king.
- Pillow cases (again, which should be the same size as the pillows.
- A top sheet- this is a flat sheet which is just an extra layer under the duvet. Usually used in colder months.



1. Clear the **bed**.
2. Put the fitted/flat sheet on over the mattress. If you are using a flat sheet, be sure to tuck the corners and edges under the mattress. These are called 'hospital corners'.



3. Put the top sheet on. Fold the edge (the edge by your pillows back) and tuck the remaining three edges under the mattress.



4. Place the duvet on top. Putting a duvet cover on is a little tricky: One way is to turn the cover inside out and reach for the furthest corners. Have the duvet ready and corners of the duvet with the corners of the cover. Shake the cover down and spread the duvet over the bed.
5. You will need to fasten the bottom of the duvet together. This is usually button or popper fastening.



6. Fluff the pillows and put the pillow cases on.
7. Add the finishing touches such as decorative cushions etc.



How to make 'Cawl'. Meat & no meat version.



Cawl is a Welsh traditional dish which is also really cheap to make and healthy!

Ingredients to serve 5/6

1 kg middle neck or shoulder Welsh lamb, Welsh beef or ham hock (optional)

1 onion, roughly chopped

6 medium potatoes – peeled and chopped

3 carrots – peeled and chopped

1 small swede or 2 parsnips – peeled and chopped

2 leeks – washed and sliced

1 small bunch fresh parsley

vegetable stock

salt and pepper

01 Using a sharp knife carefully chop up the meat into chunks (dice dice)

Place the meat in a large saucepan, cover with water and bring to the boil (water is boiling).

Simmer for 2-3 hours over a low heat. Using a spoon, remove the skim off any fat that has risen to the surface of the water.

02 Add a vegetable or lamb stock cube into the saucepan then add the potatoes, carrots, swede or parsnips and simmer until cooked. Add more vegetable stock if required at this point. Season (a pinch of) salt and pepper.

03 Finally add the shredded leeks and just before serving throw in the roughly chopped parsley. Serve with bread!