

# FOOD

## *Preparation*

### AND NUTRITION

YEAR 8

2022/23

## Equipment and Ingredients

Students will need to bring the following basic equipment each week to their food lesson. A clean, dry:

- apron,
- dishcloth, and
- tea towel.

and a suitable container to transport their finished product home.

**Please make sure all equipment is clearly labelled, as the food room is a busy place with many dishes being produced each day.**

Students will access the recipe through the website as part of their homework. In addition, from time-to-time students will need an ovenproof dish or a heatproof container, which for health and safety reasons will need to fit into a second container for transport home which must not be glass. The second container will require a firm fitting lid, foil/cling film is not adequate as food can easily leak if knocked. Sizes will need to be checked at home to ensure that the hotter container used in the oven fits into the second container.

As part of their learning, students will need to bring ingredients each week that they have weighed accurately at home, and they are encouraged to take part in buying ingredients.

Any special dietary requirements that need alternative ingredients can be discussed with staff. Recipes can be adapted so that practical is always completed.

Students are required to collect their food and equipment on the day of cooking, at the end of the day. This is the students' responsibility and a health and safety requirement. It is the student's responsibility to check the website if they have been absent or in isolation. Planner comments will be given for not bringing ingredients to practical lessons. If access to the internet is difficult students can use homework club to find the ingredients required.

Please note that due to PD lessons, examinations, school activities and unscheduled school closure the plan for practical lessons could change and students should make a note in their planner where possible. Always use the recipe list for the date shown on the plan.

**IF YOUR LESSON FALLS ON A BANK HOLIDAY YOU WILL MISS THAT PRACTICAL**

# Rotation 1



W/C 5 SEPTEMBER  
LEMON DRIZZLE



W/C 19 SEPTEMBER  
QUICHE LORRAINE



W/C 3 OCTOBER  
PUFF PASTRY PLAIT

# Rotation 2



W/C 14 NOVEMBER  
LEMON DRIZZLE



W/C 28 NOVEMBER  
QUICHE LORRAINE



W/C 2 JANUARY  
PUFF PASTRY PLAIT

## Rotation 3



W/C 16 JANUARY  
LEMON DRIZZLE



W/C 30 JANUARY  
QUICHE LORRAINE



W/C 20 FEBRUARY  
PUFF PASTRY PLAIT

## Rotation 4



W/C 6 MARCH  
LEMON DRIZZLE



W/C 20 MARCH  
QUICHE LORRAINE



W/C 17 APRIL  
PUFF PASTRY PLAIT

# Rotation 5



W/C 1 MAY  
LEMON DRIZZLE



W/C 15 MAY  
QUICHE LORRAINE



W/C 29 MAY  
PUFF PASTRY PLAIT

## INGREDIENTS

### Lemon Drizzle Cake

175g soft margarine  
175g caster sugar\*  
3 eggs  
175g self raising flour  
1 lemon  
75g caster sugar\*  
(\*2 quantities of caster sugar are required)  
**Container needed**

### Quiche Lorraine

50g block margarine/butter  
50g lard/white fat  
200g plain flour  
2 eggs  
200ml milk  
75g cheese  
2 slices of lean bacon  
½ medium onion  
1tbsp oil  
**Specialist equipment needed: flan dish**

### Puff Pastry Plait

1 pack of puff pastry  
2 eggs  
1 red pepper  
1 red onion  
1 spring onion  
200g sausage meat (if vegetable option swap for 150g cheddar cheese)  
**Container needed**