



FOOD

preparation
and nutrition

Year 8
2023/24

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 THEY WILL MISS THAT PRACTICAL

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

Bolognese Sauce

1 onion

1 garlic clove

1 red or green pepper

50g mushrooms

handful of fresh basil or 2 tsp of dried basil

250g minced beef

400g passata or 1 tin chopped tomatoes

1 tbsp tomato puree

1 beef oxo cube

Container needed

Rotation 1

1 w/c 11 September

Lemon Drizzle Cake

Lemons/Sugar/
Butter



2 w/c 25 September

Quiche Lorraine

Cheese/
Milk/Bacon



3 w/c 9 October

Bolognese Sauce

Garlic/Onion
Tomatoes/Basil



Rotation 2

1 w/c 13 November

Lemon Drizzle Cake

Lemons/Sugar/
Butter



2 w/c 27 November

Quiche Lorraine

Cheese/
Milk/Bacon



3 w/c 11 December

Bolognese Sauce

Garlic/Onion
Tomatoes/Basil



Rotation 3

1 w/c 15 January

Lemon Drizzle Cake

Lemons/Sugar/
Butter



2 w/c 29 January

Quiche Lorraine

Cheese/
Milk/Bacon



3 w/c 19 February

Bolognese Sauce

Garlic/Onion
Tomatoes/Basil



Rotation 4

1 w/c 11 March

Lemon Drizzle Cake

Lemons/Sugar/
Butter



2 w/c 25 March

Quiche Lorraine

Cheese/
Milk/Bacon



3 w/c 15 April
Bolognese Sauce

Garlic/Onion
Tomatoes/Basil



Rotation 5

1 w/c 6 May

Lemon Drizzle Cake

Lemons/Sugar/
Butter



2 w/c 20 May

Quiche Lorraine

Cheese/
Milk/Bacon

3 w/c 3 June

Bolognese Sauce

Garlic/Onion
Tomatoes/Basil

