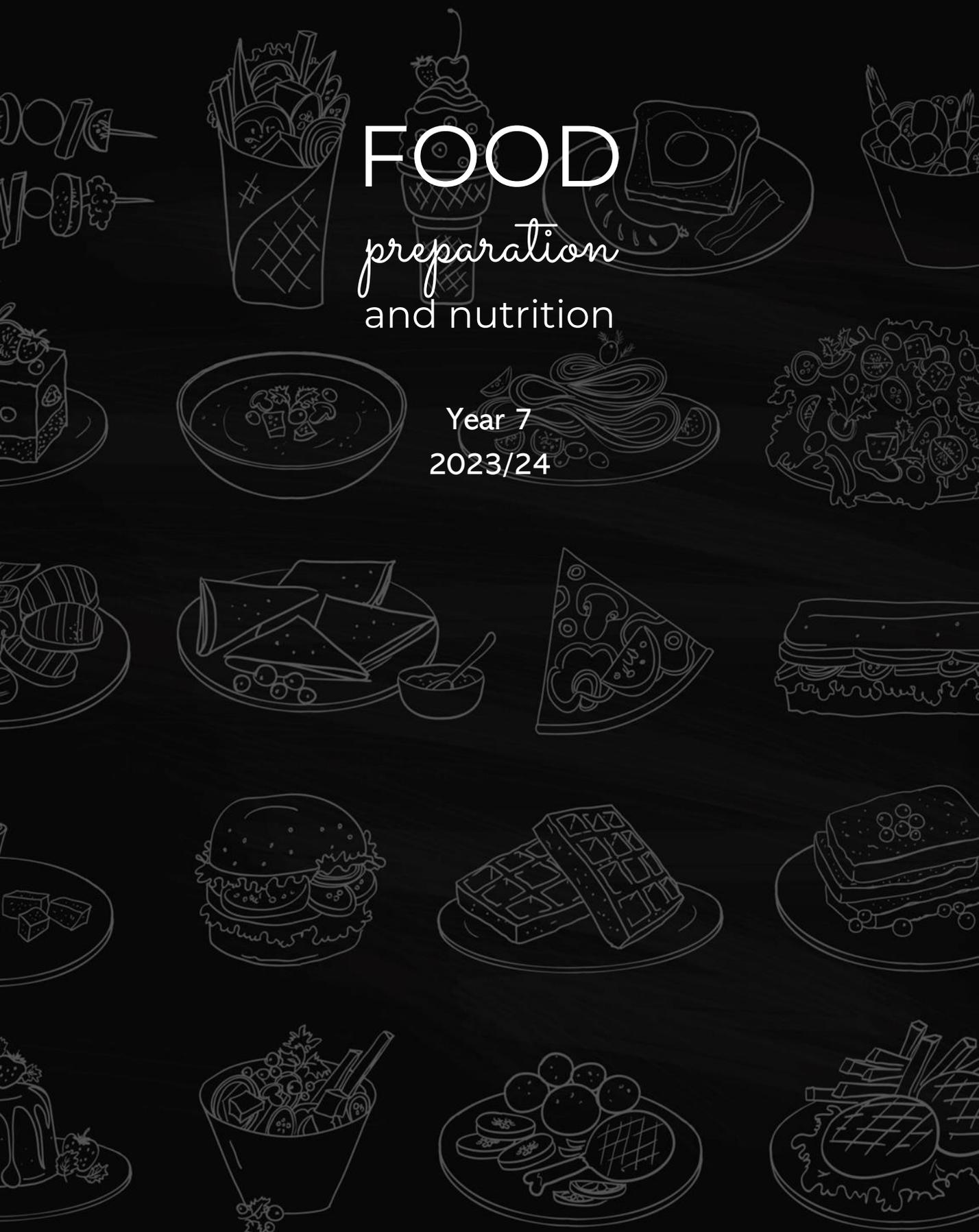


FOOD

preparation and nutrition

Year 7
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

Fruit Crumble

1 tin of fruit pie filling

175g plain flour

125g butter/block margarine

100g caster sugar

Medium sized ovenproof dish and container

Stir Fry

1 x medium chicken breast/quorn chicken or 100g tofu

1 tsp of chilli powder (optional)

1 garlic clove

1 tsp fresh/ground ginger (optional)

½ red onion

½ green pepper

½ yellow pepper

1 tbsp oil

2-3 mushrooms

10ml soy sauce

1 x 25-50g pack ready to fry noodles

Pizza

250g strong plain bread flour

7g sachet yeast

½tsp salt

1tsp sugar

3 tbsp tomato puree or 100ml passata/pizza sauce

1tsp mixed herbs/oregano/basil

150g grated cheese

8 slices of pepperoni or 2 slices of boiled ham (optional)

Large container required, or pizza box

Rotation 1

1 w/c 4 September

Fruit Crumble

Fruit/Sugar/
Butter



2 w/c 18 September

Stir Fry

Chicken/
Noodles/Vegetables



3 w/c 2 October

Pizza

Pepperoni
Tomato/Cheese



Rotation 2

1 w/c 13 November

Fruit Crumble

Fruit/Sugar/
Butter



2 w/c 27 November

Stir Fry

Chicken/
Noodles/Vegetables



3 w/c 11 December

Pizza

Pepperoni
Tomato/Cheese



Rotation 3

1 w/c 15 January

Fruit Crumble

Fruit/Sugar/
Butter



2 w/c 29 January

Stir Fry

Chicken/
Noodles/Vegetables



3 w/c 19 February

Pizza

Pepperoni
Tomato/Cheese



Rotation 4

1 w/c 11 March

Fruit Crumble

Fruit/Sugar/
Butter



2 w/c 25 March

Stir Fry

Chicken/
Noodles/Vegetables



3 w/c 15 April

Pizza

Pepperoni
Tomato/Cheese



Rotation 5

1 w/c 6 May

Fruit Crumble

Fruit/Sugar/
Butter



2 w/c 20 May

Stir Fry

Chicken/
Noodles/Vegetables



3 w/c 3 June

Pizza

Pepperoni
Tomato/Cheese

