



FOOD

Preparation

AND NUTRITION

YEAR 9
2024/25





IMPORTANT INFORMATION

Students will need to bring the following basic equipment each week to their food lesson:

A clean, dry apron, dishcloth, and a tea towel, plus 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. This 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.

STUDENTS WILL BE COMPLETING A PRACTICAL ONCE EVERY TWO WEEKS ON MOST OCCASIONS.

YEAR 9 RECIPES

September 2024–June 2025

W/C 2 SEPTEMBER FRESH PASTA

200g Strong plain flour
2 eggs

Cheat sauce:
Stir through jar of pasta sauce, eg Dolmio
50g cheese (optional)

LARGE CONTAINER



W/C 23 SEPTEMBER SAUSAGE ROLLS

300g plain flour
75g butter or hard margarine
75g lard/Trex
Cold water (from school)
8 sausages (can be vegan alternative)

Large Container



W/C 7 OCTOBER VICTORIA SPONGE CAKE

150g caster sugar
150g softened butter*
3 eggs
150g self-raising flour
100g butter*
140g icing sugar
Drop vanilla extract (optional)
Half a 340g jar strawberry jam
Icing sugar, to decorate

Please note, there are 2 amounts of butter
needed

LARGE CONTAINER



YEAR 9 RECIPES

September 2024-June 2025

W/C 7 OCTOBER CALZONE

250g strong plain flour
1/2tsp sugar
Pinch of salt
1tbsp vegetable oil
1tsp (7g) dried yeast
Tomato puree
200g grated cheese
1 onion
Toppings such as pepperoni, ham, sweetcorn, etc

LARGE CONTAINER OR PIZZA BOX



W/C 18 NOVEMBER CHICKEN CURRY

Chicken (2 breasts or 4 thighs)
1 onion, finely chopped
1 garlic clove
1-2 cm piece ginger- finely chopped
2tbsp curry powder or paste
1 tin of chopped tomatoes
1pepper
Handful of spinach (extra)
2tbspn yoghurt (if too spicy)
Salt and freshly ground black pepper

LARGE SEALABLE CONTAINER



W/C 2 DECEMBER CHELSEA BUNS

225g strong bread flour
1 (7g) sachet yeast
150 ml milk
30ml oil
25g margarine
2 tsp cinnamon (school can provide)
25g sugar
50g fruit

LARGE CONTAINER



YEAR 9 RECIPES

September 2024–June 2025

W/C 13 JANUARY

FISH/CHICKEN GOUJONS AND WEDGES

3 slices of bread (either white or brown)
2 boneless and skinless chicken breasts,
OR
2 boneless fish fillets
50g/2oz plain flour
2 eggs,
2 large potatoes
Seasoning such as paprika, chili, pepper,
salt, garlic

LARGE CONTAINER



W/C 27 JANUARY

LASAGNE

250g minced beef (or alternative)
1 garlic clove, 1 onion
1 pepper
1 tin of chopped tomatoes or passata
1 tsp tomato puree
½ tsp mixed herbs/basil
1 stock cube
25g plain flour, 25g butter
250ml milk
6–8 lasagne sheets
Optional:
50g mushrooms
50g grated cheese

LARGE OVEN-PROOF DISH



W/C 10 FEBRUARY

CHEESECAKE

12 digestive biscuits (or 6 if using ginger nuts)
6 ginger biscuits (optional)
75g butter
200g cream cheese
75g icing sugar
150ml whipping cream
1 tsp vanilla extract (school can provide)
Fruit to decorate (eg, strawberries, raspberries,
blueberries)

LARGE FLAN DISH/LOOSE BOTTOMED CAKE TIN



YEAR 9 RECIPES

September 2024–June 2025

W/C 3 MARCH BURGERS

250g minced beef or alternative
1 small onion
1 egg
2 slices bread
½tsp mustard (school can provide)
1tsp Worcester sauce (school can provide)

To serve: 4 burger buns, cheese slices,
large tomato, lettuce, gherkins

LARGE CONTAINER



W/C 17 MARCH CHICKEN AND LEEK PIE (OR COTTAGE PIE)

2 medium chicken breasts (or vegetarian equivalent)
1 leek
50g butter or 50ml olive oil*
1.5kg (3 large) potatoes
50ml milk*
50g grated cheese
25g butter*
25g plain flour
250ml milk*
50g grated cheese (optional)
Please note – 2 amounts of milk needed
LARGE PIE DISH



W/C 17 MARCH COTTAGE PIE

(OR CHICKEN AND LEEK PIE)

250g minced beef/lamb/alternative
1 onion
2 to 3 carrots
1 beef stock cube
1kg potatoes (3 large)
25g butter
50ml milk
50g grated cheese
Optional:
50g peas
1tbsp Worcester sauce

LARGE PIE DISH



YEAR 9 RECIPES

September 2024–June 2025

W/C 31 MARCH PROFITEROLES

110g butter
150g plain flour
4 eggs
300ml water (from school)
300ml double cream
100g milk/dark/white chocolate

LARGE CONTAINER



W/C 21 APRIL FILLED PASTA

200g strong plain flour
2 large eggs
1 tin chopped tomatoes
1 onion
1tsp mixed herbs
Handful of fresh basil (optional)

Fillings:
6–8 sausages, black pepper, 1 onion,
or
300g spinach, 150g ricotta, 1 small egg,

LARGE SEALABLE CONTAINER



W/C 12 MAY CHEESE AND ONION PASTY

300g plain flour
150 butter (or half butter half lard)
200g grated cheese
1 onion
1 large potato

LARGE CONTAINER



YEAR 9 RECIPES

September 2024-June 2025

W/C 26 MAY

FRUIT FLAN

85g plain white flour
85g caster sugar
3 medium eggs

3 fruits from below for the filling:

Strawberries

Raspberries

Blackberries

Kiwis

Tinned mandarin

2 x dessertspoon of strawberry jam

LARGE CONTAINER



W/C 9 JUNE

CHOCOLATE CAKE

150g soft margarine
150g caster sugar
125g self raising flour
3 eggs
50g cocoa powder
200g dark chocolate
300ml double cream
2tbsp sugar

LARGE CONTAINER

*Cooking
with
Love*

