

# Year 7 Food Technology

## Recipe and ingredients list for your Food Technology lessons

Dear Parents/Carers,

We hope you find the list of recipes and ingredients required for your son/daughter useful. The National Curriculum has placed a big emphasis on pupils being able to cook a wide repertoire of predominantly savoury dishes to build cooking skills and learn about healthy eating, different user groups and sustainability.

Whilst we cannot guarantee which date your child will cook each dish the recipes will follow the order below and school will sometimes provide some of the ingredients. We do ask that pupils adhere to the expectations set out by their teacher for storing their ingredients when they get to school for health and safety purposes. Please could you name label ingredients and containers where possible. Please encourage your child to collect their product at the end of the day, as some products will be disposed of if left. We hope you enjoy trying the products your son/daughter has made, the recipes are designed so that you may personalise them and the teacher will discuss the recipes with the pupils beforehand. This letter is available on the school website along with the schools allergy policy.

<b>Product</b>	<b>Ingredients</b>	<b><u>Optional extras</u></b>
<b>Fruit Salad</b>	5 fruits of your choice Fruit juice – <b>provided by school</b> Container from home	
<b>Pasta Salad</b> Follows on from learning about Healthy Eating	Up to 4 vegetables e.g. spring onion, red onion, tomato, lettuce, sweetcorn, peppers Up to 2 sources of protein e.g. cooked chicken/ham, cheese, egg 2-3 tablespoons salad dressing e.g. pesto, mayo, salad cream, French dressing, homemade dressing 200g pasta – <b>provided by school</b> Container from home	Gherkins Jalapenos Pickled onion Seeds Nuts
<b>Granola</b> Follows on from learning about healthy breakfast choices and sugar intake	1 small apple 80g of your chosen fresh fruit 1 small pot of your chosen yoghurt 15g rolled oats – <b>provided by school</b> 2 tbsp seeds – <b>provided by school</b> 1 tsp flaked almond – <b>provided by school</b> 1 tsp dried berries – <b>provided by school</b> 1 tsp coconut flakes - <b>provided by school</b> 1tbsp sweet sauce – <b>provided by school</b> <b>A JAM JAR OR MASON JAR to make your granola in</b>	Dried apricots Sultanas Raisins Nuts

<b>Fish Cakes</b> Follows pupils learning about sustainable fishing	200g potatoes (This must be bought in ready mashed for our short lesson length) 1 raw egg 1 tin of tuna or salmon 1 tbsp plain flour – <b>provided by school</b> Container from home	Fresh or dried herbs Lemon zest 40g cheese
<b>Fruit Crumble</b> Follows on from learning about food miles	500g Fruit e.g. apples, rhubarb, plums, mixed berries 75g sugar for base of fruits 100g Butter or Margarine 75g sugar for the top 1 foil dish – <b>provided by school</b> 200g Plain flour – <b>provided by school</b>	Raisins Cinnamon Demerara sugar to sprinkle on the top 25g oats for top
<b>Scones</b>	40g margarine or butter 60ml milk 1 egg 75g of your chosen extra ingredients e.g. raisins, sultanas, dried apricots, onion, sun dried tomato, cheese 250g Self-raising flour – <b>provided by school</b> Pinch of salt – <b>provided by school</b> 25g sugar if making sweet scones- <b>provided by school</b> Container from home	Dried or fresh herbs
<b>Short crust pastry and quiche</b> Follows on from learning about the dairy industry	75g butter or hard margarine <b>NOT</b> soft spread 2 large eggs 150ml single cream and 75ml milk – these can be mixed together at home 50g cheese Total of 100g of your chosen extra ingredients for the quiche e.g. broccoli, peas, onion, tomato, cooked bacon, mushroom, sweetcorn, asparagus 1 Foil round dish – <b>provided by school</b> Cold water – <b>provided by school</b> 150g plain flour – <b>provided by school</b>	You may add 15g parmesan or dried herbs to the pastry
<b>Soup</b>	Pupils will research, plan and make their own choice of soup so the ingredients will be written in their planner.	
<b>Quorn Spaghetti Bolognese</b> Follows pupils learning about different target groups and vegetarians	1 onion 1 carrot 4 mushrooms 1 clove of garlic 1 tin tomatoes or carton of passata 250g Quorn mince – <b>provided by school</b> 1 tablespoon of oil – <b>provided by school</b> 1tsp mixed herbs – <b>provided by school</b> 1 vegetable stock cube – <b>provided by school</b> Container from home	Fresh herbs You can add in extra vegetables e.g. pepper, sweetcorn, peas

