

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 child 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. We ask that all students have their own container from home which can be used every practical lesson to transport their product home. **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 products will be disposed of if left.** We hope you enjoy trying the products your child 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.

Product	Ingredients	<u>Optional</u>
Cous cous Salad	Small chunk cucumber ¼ of a pepper 4 cherry tomatoes 50g cous cous – provided by school Lemon juice – provided by school Stock cube – provided by school Dried mint and salt – provided by school Container from home	6 black olives
Fruit Crumble Follows on from learning about food miles	200g of fruit e.g. apples, rhubarb, plums, mixed berries 40g sugar for base of fruits 75g Butter or Margarine 50g sugar for the top 150g Plain flour 1 foil dish – provided by school	Demerara sugar to sprinkle on the top 15g oats for top
Scones	40g margarine or butter 75ml milk 1 egg 75g of your chosen extra ingredients e.g. raisins, sultanas, dried apricots, onion, sun dried tomato, cheese 250g Self-raising flour 25g sugar if making sweet or plain scones Pinch of salt – provided by school Container from home	Dried or fresh herbs if savoury

Scone based pizza	150g self raising flour 25g margarine 50ml milk 50g cheese 1tsp dried mixed herbs – provided by school 2 tbsp puree – provided by school Container from home	
Muesli breakfast bars	75g soft margarine 25g caster sugar 50g oats 100g plain flour ½ x teaspoon baking powder – provided by school 2 dried apricots – provided by school 1 tablespoon of raisins – provided by school Container from home	
Quesadilla	1 tortilla wrap ¼ red onion or 1 spring onion 2 cherry tomatoes 30 g cheese Small handful sweetcorn – provided by school ½ teaspoon mixed herbs – provided by school ½ teaspoon ground cumin – provided by school Container from home	
Mini soup in teams	All ingredients are provided by the school and students will try the vegetable soups during the lesson.	
Carrot cake muffins	75g carrot 135g plain flour 50g light soft brown sugar 50ml milk 50ml oil 1 medium egg 50g dried fruit – in school 2 teaspoons baking powder – in school ½ teaspoon ground cinnamon – in school Container from home	Your oil and milk can be mixed at home in a bottle to bring into school
Wedges in pairs	Students please bring in 1 baking potato . Students will try the wedges during the lesson	