

## Year 7 Ingredients List September 2022 (page 1)

<p>Date: _____</p> <p><b>Layered Salad in a jar</b></p> <p>A variety of different colour vegetables eg. Cherry Tomatoes, Carrot, Sweetcorn, Cucumber, Beetroot etc</p> <p>50g Cous Cous or Small Pasta shapes</p> <p>A source of protein e.g. Cheese, Hard boiled egg, Cooked chicken, Tuna etc</p> <p><b>Jam Jar/Plastic bottle or container</b></p>	<p>Date: _____</p> <p><b>Savoury Pinwheels</b></p> <p>200g Self Raising Flour 50g Butter/Margarine (from a <b>BLOCK</b>) 100ml Semi-Skimmed Milk 2 tablespoons Tomato Purée 75g Cheddar Cheese 2 fillings eg: Ham, onion, mushrooms, peppers, sweetcorn</p> <p><b>Cake tin/Plastic container</b></p>
<p>Date: _____</p> <p><b>Fruit Crumble</b></p> <p>500g Fruit eg: apples, plums 100g Plain Flour 50g Caster Sugar 50g Butter/Margarine (from a <b>BLOCK</b>) Optional extras: 25g Raisins, coconut, chopped nuts etc.</p> <p><b>Oven proof Dish</b></p>	<p>Date: _____</p> <p><b>Chicken Nuggets or Fish fingers</b></p> <p>2 Chicken Breasts <u>or</u> 6-8 Mini Chicken Fillets <u>or</u> 2 Fillets of Skinless &amp; Boneless Fish <u>or</u> 200g Quorn Chunks</p> <p>200g Breadcrumbs 2 Eggs 2 tablespoons Plain Flour Optional Flavourings: 1 tsp dried herbs, finely grated lemon/lime zest, 1 tbsp grated parmesan cheese, <math>\frac{1}{2}</math> tsp chilli flakes/powder</p> <p><b>Cake tin/Plastic container</b></p>
<p>Date: _____</p> <p><b>Rice/Pasta Salad</b></p> <p>100g Pasta or Rice</p> <p>5 different fresh vegetables</p> <p>Other optional extras eg: Ham, Tuna, Cheese, Hard Boiled Egg etc</p> <p>3 tablespoons Salad Dressing/Mayo etc</p> <p><b>Plastic container</b></p>	<p>Date: _____</p> <p><b>Bolognese/Chilli Con Carne</b></p> <p>250g Minced Beef, Soya or Quorn 1 Onion 1 Clove Garlic (optional) 1 Green and/or Red Pepper 1 tin Chopped Tomatoes (400g approx) 1 small tin Red Kidney Beans (for Chilli) Mixed herbs (for Bolognese) Chilli powder/flakes (for Chilli)</p> <p><b>Plastic Container</b></p>

## Year 7 Ingredients List September 2022 (page 2)

<p>Date: _____</p> <p><b>Carrot Cakes</b></p> <p>115g Self Raising Flour 115g Butter/Margarine (From a TUB) 100g Caster Sugar 1 large or 2 small Carrots 2 Medium Eggs</p> <p>12 Cake cases</p> <p><b>Cake tin/Plastic container</b></p>	<p>Date: _____</p> <p><b>Five A Day</b></p> <p>Students will design in class and bring recipe list home.</p> <p><b>Suitable container</b></p>
<p>Date: _____</p> <p><b>Bread Base Pizza</b></p> <p>250g <u>Strong Plain Flour</u> 1 tablespoon (15ml) Oil 1 teaspoon (5ml) Salt 1 sachet (7g) Dried yeast 3 tbsp. Tomato puree 75g Grated Cheddar Cheese</p> <p>Plus a selection of toppings chosen in the previous lesson.</p> <p><b>Cake tin or large plastic container</b></p>	<p>Date: _____</p> <p><b>Practical Exam (Skill Development)</b></p> <p>Students will design in class and bring recipe list home.</p> <p>This must be a dish that students have made before, either in school or at home.</p> <p><b>Suitable container</b></p>
<p>Date: _____</p> <p><b>Five A Day</b></p> <p>Students will design in class and bring recipe list home.</p> <p><b>Suitable container</b></p>	<p><b>All your ingredients that need to go in the fridge should be brought over to Food Studies before 8.30am on the day you are cooking.</b></p> <p><b>Remember to label each ingredient with your name.</b></p> <p><b>Please remember to bring the correct container to each lesson to take your delicious food home in 😊.</b></p>