



FOOD

Preparation

AND NUTRITION

YEAR 7
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 7 RECIPES

September 2024–June 2025

PASTA BAKE

100g dried pasta shapes
1 onion
1 pepper
1 tin of chopped tomatoes or passata
1tsp tomato puree
1/2tsp mixed herbs/basil
1 stock cube
50g grated cheese
Optional
50g mushrooms
1 courgette or aubergine
1 celery stick

LARGE OVEN PROOF DISH



PIZZA

250g strong plain flour
1tsp (7g) fast acting yeast
50g tomato puree or 100g passata
200g grated cheese
Optional
Onion, pepper, mushrooms, sweetcorn
Sliced ham, pepperoni, chicken

LARGE CONTAINER OR PIZZA BOX

FRUIT SCONES

350g self-raising flour
85g butter
3tbsp caster sugar
175ml milk
1tsp vanilla extract
100g sultanas (or dried fruit of your choice)
1 egg

LARGE CONTAINER

