

Food and Nutrition lessons week beginning Monday

11th March

Monday

Year 8 - Lasagne

Year 7 - Risotto

Tuesday

Year 6 - Pizza Design Lesson

Year 5 - Fruit Salad

Wednesday

Year 6 - Pizza Assessment

Year 5 - Fruit Salad

Friday

Year 8 - Thai Green Curry

Year 7 - Apple Crumble

Ingredients List

Year 8 Food and Nutrition - LASAGNE (meat or vegetarian), serves approx 4

Next week we will be making Lasagne I will need to bring:

Please bring all ingredients ready chopped and grated to save time.

Bolognese Sauce:

- 1 chopped onion (and a clove of garlic if desired)
- 1 chopped green or red pepper
- 4 chopped mushrooms and/or 2 chopped sticks of celery
- 1 diced carrot (optional)
- 1 beef or vegetable stock cube
- 1 large tin chopped tomatoes
- $\frac{1}{2}$ tube or one small can of tomato puree
- 250 - 300g minced beef or 110g lentils for the vegetarian option
- A splash of Worcester sauce or soy sauce (optional)
- 2 teaspoons dried mixed herbs, basil or fresh basil

Cheese Sauce:

- 570ml / 1 pt milk
- 55g plain flour
- 55g butter
- 110g grated cheese
- 12 sheets of Lasagne Pasta

I will also need to bring a *straight sided, oven-proof lasagna dish (at least 25 x 20cm)*

and a suitable named container to take it home in.

Year 7 Food and Nutrition

Next week we will be making Risotto. I will need to bring:

- 1 onion
- 1 clove of garlic
- 100g risotto rice
- 1 x chicken or vegetable stock cube

A choice of:-

- 1 pepper - red, orange, yellow or green
- 50g mushrooms 20g parmesan
- 50g sweetcorn small can tuna or 2 slices ham/50g cooked chicken
- 50g peas or any other suitable ingredients

I will also need to bring a suitable named container to take it home in.

Year 7 Food and Nutrition

Next week we will be making Apple Crumble. I will need to bring:

500 grams apples

150 grams sugar

200 grams flour

100 grams margarine or butter

Optional: handful of dried fruit e.g. sultanas

An ovenproof container to cook it in.

I will also need to bring a suitable named container to take it home in.