

## Food and Nutrition lessons week beginning Monday

18<sup>th</sup> March

### Monday

Year 8 - Chocolate Brownies

Year 7 - Vegetable Stir Fry

### Tuesday

Year 6 - Pizza

Year 5 - Group Soup

### Wednesday

Year 6 - Chocolate Chip Cookies

Year 5 - Group Soup

### Friday

Year 8 - Sausage Rolls

Year 7 - Apple Crumble

# Ingredients List

## Food and Nutrition - year 8

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

75g butter or marg

100g plain chocolate

100g caster sugar

2 eggs

100g self raising flour

OPTIONAL 25g chopped choc /cherries / dried fruit

An oven tin to bake them in.

A large named container to take them home in.

## Year 7 Food and Nutrition

Next week we will be making a vegetable stir fry with noodles. I will need to bring:

100g Chinese noodles

2 Tbsp. soy sauce

*A choice of 3 vegetables:-*

1 pepper - red, orange, yellow or green

50g mushrooms      50g beansprouts

1 carrot              2 spring onions

50g cabbage/pak choi   50g bamboo shoots

*You may also want to bring:-*

1 clove of garlic      sweet chilli sauce      Pineapple

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

## Food and Nutrition Year 6 - Pizza Design

*Year 6 have designed their own pizzas.*

### I will need:

*Circle the recipe that you will use for your base.*

### Scone Base

#### **Ingredients:**

150g self raising flour

25g margarine

1 egg

50ml milk semi-skimmed

### I will also need:

3 x 15ml spoons passata sauce/tomato puree/tinned tomatoes

50g cheese (extra if you are making stuffed crust)

1tsp dried herbs (*optional*)

### Other ingredients I will need are:

### Bread Base

#### **Ingredients:**

200g Strong white flour

1 tsp. salt

15g margarine or 1 tbsp oil

Sachet easy bake dried yeast

### Year 5 Food and Nutrition

Next week we will be making Group Soup.

I will need to bring **2 vegetables** to share with my group. I can bring any of the following:

1 carrot

1 potato

1 leek

$\frac{1}{2}$  butternut

Or any other suitable vegetable to make a mixed vegetable soup. We are practicing safe knife skills.

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

### Year 6 Food and Nutrition - Wednesday

Next week we will be making Chocolate chip cookies. I will need to bring:

110g / 4oz butter

200g / 7oz sugar

1 egg

225g / 8oz self raising flour

27g / 1oz cocoa powder not drinking chocolate

110g / 4oz chocolate chips

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

### Year 8 Food and Nutrition

Next week we will be making **Sausage Rolls**. Please choose **one** recipe to cook:

Meat version Ingredients

400g pack sausage meat or sausages

One pack ready-rolled puff pastry sheet

1 egg, to glaze

$\frac{1}{2}$  small garlic clove

Fresh parsley (or other fresh herbs) - optional

OR

Vegetarian Version ingredients

One pack ready rolled puff pastry sheet

200g Double Gloucester/Mature Cheddar, grated

1 large onion

200g fresh breadcrumbs

2tbsps crème fraiche (or natural yoghurt)

2tsps dried mixed herbs

2 tsps mustard powder (optional)

2 tsps paprika (optional)

1 egg to glaze

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

### **Year 7 Food and Nutrition**

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

#### **Ingredients**

500 grams apples

150 grams sugar

200 grams flour

100 grams margarine or butter

Optional:

handful of dried fruit e.g. sultanas

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