

Year 6 Recipe Booklet

Term 5

- We split our Food and nutrition lessons between theory lessons (not cooking) and practical lessons (cooking). Below are the order of the lessons for this project. Students only need to bring in ingredients where the recipe name is stated. **They do not need to bring ingredients in for theory lessons.**
- In year 6 we will develop practical skills in our practical lessons as well as learning about the basics of nutrition and diet in our theory lessons.



| Week beginning | Lesson / Recipe |
|------------------------|-------------------------|
| 13 th April | No ingredients required |
| 20 th April | Cheese straws |
| 27 th April | No ingredients required |
| 4 th May | Scone swirls |
| 11 th May | SATS week |
| 18 th May | Apple crumble |
| Half term | |

Name:

Day I have Food and Nutrition:

Important information for parents and guardians:

- Students are advised to bring their ingredients to the Food classroom after the first bell sounds to be put into storage or placed in the fridge until lesson time.
- Please provide a suitable named container for all lessons.
- Students are welcome to leave their products in the fridge or in the classroom and collect them after school or if they wish, take them at break/lunchtime to eat. Students will be reminded of this, but it is ultimately their responsibility and any food products left for over 48 hours will be thrown away to maintain good hygiene and adequate storage space within the classroom. Any un-named containers will be repurposed after a week.
- We advise that all meat/dairy based products are fully reheated to 75°C or above either in the microwave or the oven/hob.
- We have tailored the quantities of the ingredients in the recipes to ensure both the cooking times within lessons and storage facilities are available. **We ask you do not increase the quantities.**
- Students with allergies or dietary needs may adapt the recipes to suit their diet, please email me if you would like to discuss this (see below). If alternatives are supplied, please ensure these are nut free (no almond milk etc).
- We realise in the current economic climate that some families may find supplying the ingredients a challenge. If your child receives pupil premium funding and you would like ingredients supplied please don't hesitate to contact me via email (lluxton@stmichaelsmiddle.org) and we can try to find a resolution so that all students can participate in the lesson.

Mrs Luxton
Food Department

Cheese straws

- 100g plain flour
- ½ tsp of mustard powder
- 50g BLOCK butter
- 50g cheese
- 4 tbsp cold water



1. Set the oven.
Line a baking tray with paper.



2. Using the rubbing in method, rub the butter, flour and mustard powder together.



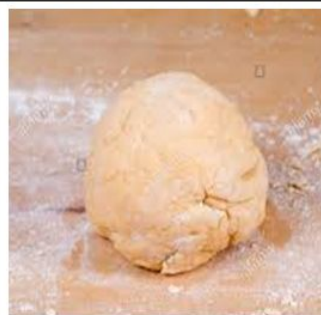
3. Grate the cheese and add it to your mixture.



4. Add 4 tbsp. of cold water to the mixture.



5. Mix the dough together with a palette knife.



6. Sprinkle flour on the surface and form dough into a ball.



7. Roll out the dough into a rectangle.



8. Slice the rectangle into even strips and place on your tray.



9. Bake for 10 minutes or until golden.

Scone swirls

- **Ingredients**
- 225g Self raising flour
- 40g Hard butter
- ¼ Tsp Salt
- 120ml Milk
- 2 Tbsp tomato paste
- 30g grated cheese
- Large container



1. Set your oven and prepare your baking tray with paper.



2. In a large bowl, add the self raising flour, salt and butter.



3. Rub together until breadcrumbs form.



3. Slowly add the milk and stir with a round blade knife to form a dough. Bring together gently into a ball.



5. Flour the surface and roll the dough to a rectangle (the size of A4 paper).



6. Spread your tomato paste all over the rectangle, then sprinkle over your cheese.



7. Roll up the rectangle in a tight roll.



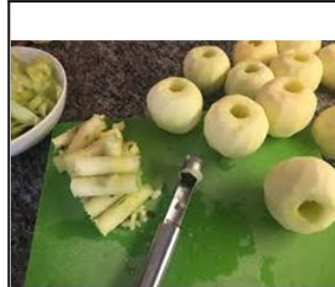
8. Slice the roll evenly then place on the baking tray. Brush each with beaten egg.



9. Bake for 10-15 minutes or until golden and raised.

Apple Crumble

80g plain flour
50g butter
30g oats
40g sugar
2 apples



1. Set the oven.
Peel and core
the apples



2. Chop the
apples into
small chunks



3. Put the apples
in a saucepan and
add $\frac{1}{2}$ your sugar



4. Cook the apples
for 5 minutes or
until soft on heat 4



5. Transfer the
apples to your
silver dish



6. Wash up your
pan and put
away



7. Rub together
the butter and
flour in a bowl



8. Add the sugar
and oats to the
topping.



9. Add the topping
to your dish and
cover.