

Year 5 Recipe Booklet

Term 1 Wednesday

- 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 5 we introduce students to our kitchen routine, basic knife skills and build confidence with using the oven.



Week beginning	Lesson / Recipe
31 st August	No lessons
7 th September	No ingredients required
14 th September	Fruit salad
21 st September	No ingredients required
28 th September	Cous cous
5 th October	Pitta Pizzas
12 th October	No ingredients required
19 th October	Frittata
Half term	

Name:

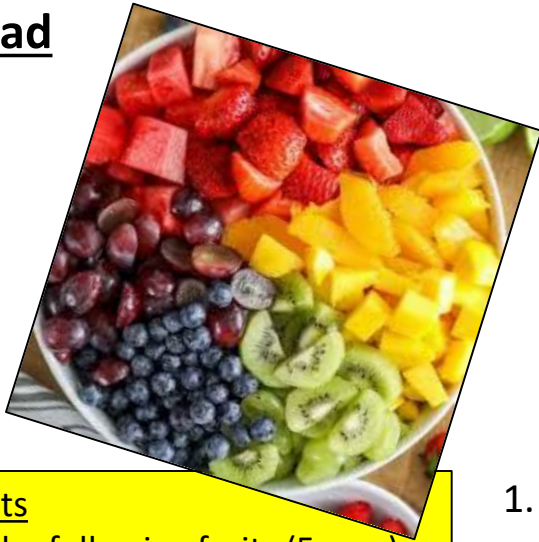
Day I have Food and Nutrition:

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

Fruit Salad



Ingredients

A mix of the following fruits (5 max):

- Kiwi
- Apple
- Pear
- Grapes
- Satsuma
- Slices of pineapple
- Berries
- Please do not send in whole melons, pineapples or other very large, whole fruits. Please do not send whole punnets of berries – we do not have adequate storage.
- 50ml of fruit juice
- **A container**

- 1.If you need to peel any fruit (not banana), use the peeler to carefully peel the fruit.
- 2.Using the bridge and claw, slice and chop your fruit into evenly sized pieces.
- 3.Add the fruit juice to the mixture, making sure each of the fruits is covered with juice. This will stop it going brown.
- 4.Move the fruit into your container and refrigerate your container with your name clearly labelled.
- 5.Place any rubbish in the bin.
- 6.Wash up all of your equipment and put it away where it belongs or where you found it.
- 7.Wipe down your surface so it is clean.

Cous-cous salad

Reminder...

Bridge



Claw



- 100g dried couscous
- 1 ball mozzarella
- 1 pepper
- Chunk of cucumber or courgette
- Tomatoes
- 1 stock cube
- A container



1. Add your **cous cous** to a large bowl.



2. Crumble or drop your **stock cube** into your measuring jug. Add **150ml** of boiling water and stir until dissolved.



3. Pour the stock into your cous-cous, stir it in and leave to absorb.



4. On your chopping board, chop your **vegetables** evenly.



5. Cut the corner off the **mozzarella**, drain the water in the sink and chop into cubes.



6. Fluff up your **cous cous** with a fork.



7. Add your **vegetables** and **mozzarella** to your **cous-cous** and mix.



8. Season with **herbs** and **salt and pepper**.



9. Wash up and clean down your surfaces.

Pitta Pizza

- **Ingredients**
- 2 pitta breads
- Tomato puree
- 30g cheese
- Toppings



1. Set your oven and prepare your baking tray with paper. Lay your pitta breads on top of the paper.

Bridge



Claw



2. Using your knife skills (bridge and claw) and a white/green chopping board, prepare your toppings.



3. Grate your cheese.



4. Spread your tomato onto your pitta breads with the round blade knife.



5. Sprinkle your cheese on to your pizza. Add your toppings.



6. Add any herbs to your pizzas.



7. Bake for 15 minutes or until golden.



8. Wash up and clean down your surfaces.

Topping ideas: Ham slices, chorizo, cooked sausage (not raw meat), mushrooms, sweetcorn, peas, small cherry tomatoes, peppers, courgette, spring onion.

Topping ideas: Ham slices, chorizo, cooked sausage (not raw meat), mushrooms, sweetcorn, peas, small cherry tomatoes, peppers, courgette, spring onion.

Frittata

- 3 eggs
- A splash of milk (ask!)
- 30g cheese
- Fillings of choice



Filling ideas: Ham slices, chorizo, cooked sausage (not raw meat), mushrooms, sweetcorn, peas, small cherry tomatoes, peppers, courgette, spring onion.



1. Set your oven and prepare your round baking tin



2. Chop/dice your fillings into small pieces



3. Add your fillings to your round baking tin



4. Grate your cheese onto your chopping board



5. One at a time crack eggs into a small bowl then add to a jug.



6. Add a splash of milk to the eggs in the jug and whisk up



7. Pour the egg mixture into your round baking tin



8. Add the grated cheese to the top



9. Bake for 20-25 minutes or until set and golden