

YEAR 7 Food & Nutrition – Back to Basics

Practical information and Ingredients:

- ✓ Practical lessons will be on **Wednesdays period 3**
- ✓ Information will be shared with pupils on Teams
- ✓ Pupils are required to bring a named home-container with lid to take dish back home in or eat at lunch time – remember your own fork if eating at school
- ✓ Recipe suggestions are attached for general information on Method – **please note these recipes will be modified to suit our specific needs in class and are a loose guide to give pupils insight!**

<p style="text-align: center;">Week 1 – N/A</p> <p>No Ingredients needed</p> <p style="text-align: center;">Week 2 – Crazy Franks</p> <p>Supplied by Food Department</p> <p style="text-align: center;">Week 3 – Veggie ART</p> <ul style="list-style-type: none"> ✓ Range of colourful fruit and vegetables ✓ Approximately 5-6 different types ✓ https://www.bing.com/images/search?q=easy%20edible%20veggie%20art&qsn&form=QBIR&sp=-1&pg=easy%20edible%20veggie%20art&sc=0-22&cvid=584091289F0C4E3DA8217DAF285C3E5D&first=1&scenario=ImageBasicHover <p style="text-align: center;">Week 4 – Jam Tarts</p> <ul style="list-style-type: none"> ✓ 250g Shortcrust pastry ready block ✓ 100g jam, fruit curd or marmalade of your choice ✓ https://www.bbcgoodfood.com/recipes/valentines-day-jam-tarts <p style="text-align: center;">Week 5 – Poached Egg</p> <ul style="list-style-type: none"> ✓ 2 eggs ✓ 2 x A3 pieces of clingfilm ✓ https://www.youtube.com/watch?v=WS_mRjnX3C4&t=179s <p style="text-align: center;">Week 6 – Better Breakfast</p> <ul style="list-style-type: none"> ✓ 1 egg ✓ 2 pieces of bread ✓ Small tin of baked beans ✓ Small tin of baked beans <p style="text-align: center;">Week 7 – N/A</p> <p>No ingredients required</p> <p style="text-align: center;">Week 8 – Making Butter (part 1)</p> <ul style="list-style-type: none"> ✓ 1 jar ✓ 300ml Double cream ✓ https://www.youtube.com/watch?v=3a750bmDsYM 	<p style="text-align: center;">Week 8 – Piccalilli prep (part 2)</p> <ul style="list-style-type: none"> ✓ 200g cauliflower, 1 courgette ✓ 5 green beans or French beans ✓ 2 small shallots or 1 onion ✓ 300ml malt vinegar ✓ 1.5 tbsp English mustard powder ✓ 1 tsp coriander seeds ✓ 1 tbsp black or yellow mustard seeds ✓ 1 tsp cumin seeds ✓ half a tsp turmeric ✓ 2 tbsp plain flour ✓ 50g sugar ✓ 1 bay leaves (supplied by school) ✓ https://www.bbcgoodfood.com/recipes/easy-piccalilli <p style="text-align: center;">Week 9 – Making Piccalilli</p> <ul style="list-style-type: none"> ✓ 2 x glass jars ✓ Ingredients provided last week ✓ https://www.bbcgoodfood.com/recipes/easy-piccalilli <p style="text-align: center;">Week 10 - Scones</p> <ul style="list-style-type: none"> ✓ 250g self-raising flour ✓ 40g margarine ✓ 125ml semi skimmed milk ✓ 75g hard cheese (if making cheesy scones) ✓ Scrummy plain scones: https://www.foodfactoflife.org.uk/recipes/3-5-years/scrummy-scones/ ✓ Cheesy scones: https://www.foodfactoflife.org.uk/recipes/11-14-12c/cheesy-scones/ <p style="text-align: center;">Week 11 – N/A</p> <p>No ingredients required</p> <p style="text-align: center;">Week 12 – Pizza</p> <ul style="list-style-type: none"> ✓ 150g self-raising flour ✓ 40g butter or baking fat/block ✓ 100ml milk ✓ 50g hard cheese or mozzarella cheese ✓ 3 x tbsp tomato pizza sauce or passata ✓ Toppings of your choice
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