

## YEAR 8 Food & Nutrition – Street Food

### Practical information and Ingredients:

- ✓ Practical lessons for Year 8 will be on **Tuesdays period 1**
- ✓ 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 a fork from home if eating your dish at school
- ✓ Recipe suggestions are attached for general information on Method – **please note these recipes and methods will be modified to suit our specific needs in class and are a loose guide to give pupils insight!**

| Week 1 – N/A  | Week 5 – Flat Bread & Tzatziki  |
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| <p><i>No Ingredients needed</i></p> <p style="text-align: center;"><b>Week 2 – Healthy Pot Noodle</b></p> <ul style="list-style-type: none"> <li>✓ 100g dried noodles</li> <li>✓ clove of garlic or ready crushed garlic</li> <li>✓ pinch of ginger</li> <li>✓ 3 spring onions</li> <li>✓ ½ red pepper</li> <li>✓ 2 tsp soy sauce</li> <li>✓ tsp chilli sauces</li> <li>✓ 3 baby sweetcorn or normal sweetcorn</li> <li>✓ 3 tablespoons peas</li> <li>✓ <i>Or alternative vegetables if you don't like the suggested vegetables</i></li> <li>✓ Handful of fresh coriander</li> <li>✓ Lime</li> <li>✓ 1 Stock cube</li> <li>✓ Big enough pot-like/jar container with lid</li> <li>✓ <i>School can supply:</i> <ul style="list-style-type: none"> <li>○ salt, black pepper, chilli flakes,</li> </ul> </li> </ul> <p style="text-align: center;"><b>Week 3 – Egg Fried Rice</b></p> <ul style="list-style-type: none"> <li>✓ 2 eggs</li> <li>✓ Clove of garlic</li> <li>✓ 1.5 cups of ready cooking rice</li> <li>✓ 2tsp soy sauce</li> <li>✓ <a href="https://www.youtube.com/watch?v=lwGxjcn6kA">https://www.youtube.com/watch?v=lwGxjcn6kA</a></li> </ul> <p style="text-align: center;"><b>Week 4 – Spring Rolls</b></p> <ul style="list-style-type: none"> <li>✓ 1 carrot</li> <li>✓ Half a cucumber</li> <li>✓ Handful of lettuce and red cabbage</li> <li>✓ Half an avocado (optional)</li> <li>✓ Handful of fresh coriander and mint</li> <li>✓ Handful of cooked shredded chicken or cooked prawns or a meat alternative of choice</li> <li>✓ <i>School will supply:</i> <ul style="list-style-type: none"> <li>○ Rice paper and rice noodles</li> <li>○ Soy sauce for dipping</li> </ul> </li> <li>✓ <a href="https://www.youtube.com/watch?v=WOLutexcmok">https://www.youtube.com/watch?v=WOLutexcmok</a></li> </ul> | <ul style="list-style-type: none"> <li>✓ For the flatbread:             <ul style="list-style-type: none"> <li>○ ½ cup plain yoghurt</li> <li>○ ½ cup plain flour</li> <li>○ 1 tsp baking powder</li> <li>○ 1 tsp cumin seeds (optional)</li> </ul> </li> <li>✓ <a href="https://www.youtube.com/watch?v=jCfHltQLpJ4">https://www.youtube.com/watch?v=jCfHltQLpJ4</a></li> <li>✓ For the tzatziki dip:             <ul style="list-style-type: none"> <li>○ 1/4 cucumber</li> <li>○ 2 tsp lemon juice</li> <li>○ 1 garlic cloves, grated finely</li> <li>○ 100g Greek-style yoghurt</li> <li>○ dash of extra virgin olive oil</li> </ul> </li> <li>✓ <a href="https://www.youtube.com/watch?v=hekz6a6jBhw">https://www.youtube.com/watch?v=hekz6a6jBhw</a></li> </ul> <p style="text-align: center;"><b>Week 6 – Koftas</b></p> <ul style="list-style-type: none"> <li>✓ 1 small onion, 1 clove of garlic, 1/2 red chilli</li> <li>✓ 150g lamb mince</li> <li>✓ 1 x 5ml spoon cumin</li> <li>✓ 1 sprig of parsley, mint and coriander</li> </ul> <p style="text-align: center;"><b>Week 7 – Macaroni Cheese</b></p> <ul style="list-style-type: none"> <li>✓ 100g ready cooked macaroni</li> <li>✓ 20g butter, 20g plain flour</li> <li>✓ 300ml milk</li> <li>✓ 2100g cheddar, grated</li> <li>✓ 20g Parmesan cheese (optional)</li> <li>✓ <a href="https://www.bbc.co.uk/food/techniques/making_bechamel_sauce">https://www.bbc.co.uk/food/techniques/making_bechamel_sauce</a></li> </ul> <p style="text-align: center;"><b>Week 8 – Swiss Roll</b></p> <ul style="list-style-type: none"> <li>✓ 1 large egg</li> <li>✓ 25g caster sugar</li> <li>✓ 25g self-raising flour</li> <li>✓ 50g strawberry jam</li> </ul> <p style="text-align: center;"><b>Week 9 – Pancakes</b></p> <ul style="list-style-type: none"> <li>✓ 50g plain flour</li> <li>✓ 1 small egg</li> <li>✓ 150ml milk</li> <li>✓ <a href="https://www.youtube.com/watch?v=dfA07QelTRo">https://www.youtube.com/watch?v=dfA07QelTRo</a></li> </ul> |