

Food and Nutrition Year 7 and Year 9

[Year 7 Recipes for Focused Practical Tasks](#)

[Year 9 Recipes for Focused Practical Tasks](#)

Year 7 Recipes for Focused Practical Tasks



Recipes are selected for the following reasons:

- specific curriculum requirements
- for the learning of basic food preparation, methods of mixing and methods of cooking skills
- to meet Healthy Eating Guidelines
- to promote the use of fresh ingredients where ever possible and appropriate
- cost considerations
- lesson time constraints
- may be amended to account for seasonal variations and personal preference if this is possible.

Note: If any of the recipes contain ingredients that are not permitted owing to a food intolerance/allergy/specific dietary need please notify Ms Wedrychowski, who will suggest suitable alternatives.

Students are expected to prepare, weigh and measure ingredients the night before the day of their practical lesson.

1. Traffic Light Sandwich

2 slices of medium thick wholemeal bread

Butter, Olivio or suitable spread e.g. marmite, smooth peanut butter

A small portion of dark green leaves – e.g. Lettuce, Spinach, Rocket

A small piece of Red Leicester cheese or fresh carrot

A small ripe tomato

Essential Take Home Equipment: A **named** sandwich box with a lid to bring ingredients to school and transport the sandwich home in.

2. Crunchy Coleslaw

A quarter of a **small white** cabbage or a small fennel bulb

A small carrot

A small pepper (capsicum) – red, yellow or green

A small onion or half a large onion

A small apple – red skinned is best

50g/2oz dried fruit e.g. raisins, sultanas, diced apricots or a mixture of all (**Optional**)

50g/20z of unsalted peanuts or walnuts (**Optional**)

4-6 tablespoons of French dressing/ home made dressing or thick set plain yogurt

Essential Take Home Equipment: A suitable large **named** container with a well fitting-lid (air-tight).

3. Quick Bread Rolls

250g/8oz Wholemeal **Strong** Plain flour with a pinch of salt added

1 sachet Easy Bake Yeast

1 tablespoon vegetable oil e.g. sunflower oil

Approximately 125ml warm water to mix

2 teaspoons poppy or sesame seeds (**Optional**)

Essential Take Home Equipment: Large **named** sandwich box with lid

4. Scones

250g/8oz Wholemeal Self-Raising Flour

50g/2oz Margarine or Butter

125ml/5 Fluid oz Skimmed or semi-skimmed milk

Flavouring: Fruit Scones – add 50g/2oz dried mixed fruit

Cheese Scones – add 50g/2oz strong cheddar cheese **finely grated**

Essential Take Home Equipment: Large **named** sandwich box with lid

5. Tasty Toast

1 thick slice of bread (wholemeal is best)

1 slice of Cheddar cheese (size to cover the slice of bread)

1 medium tomato

1 slice of ham

Small amount of fresh parsley to garnish

NB This recipe is eaten in the lesson

6. Tomato Soup

1 large tin (400g) Peeled Plum tomatoes

1 rasher of lean bacon (optional)

1 medium onion

1 medium potato

A pinch of dried mixed herbs

Seasoning – small pinch each of salt/lo-salt and pepper

1 tablespoon vegetable oil

125ml Skimmed or semi-skimmed milk

Essential Take Home Equipment: A suitable **named** container for transporting soup – **large wide-necked** flask/plastic jug with an air-tight lid

7. Chilli Con Carne

250g/8oz lean minced beef

1 medium onion, finely chopped

400g tin of Red Kidney Beans

1 small tin (142g) Tomato puree

Half a teaspoon Chilli powder

Essential Take Home Equipment: Suitable **named air-tight container** with well-fitting lid.

Transfer to oven-proof dish, cover and reheat for 20 minutes 200C/Gas Mark 6 or

Microwave for 4-5 minutes (750w), stirring half way during heating.

Serve with boiled rice and salad

8. Date and Walnut Loaf (Microwave Recipe)

125g/4oz finely chopped dried dates or apricots

50g/2oz finely chopped walnuts

50g sugar

25g margarine

1tsp Bicarbonate of Soda

Large pinch ground mixed spice

225g/7oz Self-Raising flour (Wholemeal is best)
250ml boiling water

9. **Pizza**

125g/4oz Wholemeal **Strong** Plain Bread making flour
1 teaspoon Easy Bake Yeast
Pinch of salt
Approximately 6-7tablespoons warm water
2 tbsp Tomato Puree
Half a medium onion, **finely chopped or grated**
75g lean bacon pieces (trimmed of fat) or ham **cut into small pieces**
Quarter of medium sized green or yellow pepper **cut into small dice**
50g Mushrooms **thinly sliced**
100g Strong Cheddar Cheese, **finely grated**.

Essential Take Home Equipment: Suitable **named** container for transporting home

10. **Fruity Shortbread**

175g/6oz Plain Flour
125g/4oz Butter
25g/1oz Caster Sugar
50g/2oz **Finely Chopped** dried Dates/dried Apricots

Essential Take Home Equipment: Suitable container – e.g. large **named** sandwich box or biscuit tin with a well fitting lid

11. **Veggie Bake**

250g/8oz Fresh Cauliflower, **washed and separated into florets**
250g/8oz Fresh Broccoli, **washed and separated into florets**
400g tin Peeled plum or chopped tomatoes
1 Teaspoon dried mixed herbs
Pinch of salt/shake of pepper for seasoning
4-6 thick slices of wholemeal bread **made into breadcrumbs (grated)**
50g/2oz – 75g/3oz Strong Cheddar Cheese **finely grated**

Essential Take Home Equipment: **Oven proof dish** – e.g. Foil container at least 5cm deep and 22cm square, with a lid and **named**

12. **Fresh Fruit Salad**

Select one Fruit from each of the following:

An apple or a pear

A peach, or a Nectarine, or a couple of Plums or a handful of fresh Apricots

A Sharon fruit or a couple of fresh figs

150g/6oz fresh berry fruits – e.g. Strawberries, Raspberries or Blueberries

Half a ripe Mango or half a ripe Papaya (Paw-Paw) or a small portion of fresh Pineapple

Essential items to complete the recipe:

A ripe Kiwi

125ml / 5 fluid oz unsweetened fruit juice e.g. Orange, Apple or Pinapple

Your recipe must have a minimum of four fresh fruits and no more than five fresh fruits in addition to the Kiwi and fruit juice

Essential Take Home Equipment: Large **named** plastic container with an air-tight lid.

13. **Banana Buns**

125g/4oz **Self-Raising** Wholemeal Flour
50g/2oz Demerara sugar
1 large egg
1 large ripe banana
75g/3oz plain unsweetened yogurt
1 tablespoon vegetable oil

Essential Take Home Equipment: 12 paper cake cases (**not muffin size**) and a suitable **named** container with a well-fitting lid

Year 9 Recipes for Focused Practical Tasks



Recipes are selected to meet curriculum requirements, the learning of specific food preparation and cooking skills, cost, seasonal availability of some foods, and to account for preparation and cooking time in school.

Some preparation may be expected as homework the night before the practical lesson, particularly weighing and measuring ingredients and washing vegetables and salads.

Recipes can be adapted to meet special dietary needs. Please contact Ms. Wedrychowski at school if you have any concerns about specific foods.

One of the recipes may be **demonstration only** or **some may be amended slightly to adapt to seasonal variations** and allow students to select on the basis of personal/family preference.

1. Pasta Salad

250g/8oz Dried Pasta – e.g. Penne, Farfalle, Conchiglie, Fusilli, Cavatappi, Campanelle, Tubini are all suitable types for salads

1 small green or red pepper)
1 stick of celery) All vegetables must be washed
4-6 Spring onions)
2 Medium sized fresh tomatoes)

175g/6oz canned Tuna **or** cooked meat (Ham/Chicken) **or** 2 Hard-boiled eggs **or**
400g/14oz can of mixed beans (select **one** only)

Basic French Dressing

2 Tablespoons fresh lemon juice or vinegar
4 Tablespoons salad oil – Olive oil, or similar oil
Pinch of salt and shake of pepper
Pinch of dried mustard powder

Essential Take Home Equipment: Large **plastic named** container with air-tight lid

2. Tomato Sauce

1 Tablespoon vegetable oil
1 Medium onion
1 Clove of garlic
1 Rasher of lean bacon (Optional)
1 Can of peeled plum or chopped tomatoes (400g/14oz size)
1 Teaspoon dried mixed herbs
15g/1 level tablespoon of cornflour or plain flour.
Seasonings to taste (pinch of salt, shake of pepper)

Essential Take Home Equipment : Suitable named plastic container with air-tight lid. N.B. If a thermos flask is used it must be large capacity with a wide neck.

Serving suggestion – Re-heat gently in microwave for 3-4 minutes on medium power, stir once between re-heating. Good with long, thin or flat types of cooked Spaghetti; Tagliatelle; Fettuccine.

3. White (Roux) Sauce

25g/1oz Plain flour

25g/1oz Butter or Margarine

250ml/Half a pint skimmed or semi-skimmed milk

Pinch salt, shake ground pepper.

Flavours: Either Cheese- 125g/4oz Finely grated strong Cheddar cheese
Pinch dried mustard powder

Or Fish- 200g/6oz Flaked canned Tuna or Salmon
1 Tablespoon finely chopped fresh parsley

Essential Take Home Equipment: Suitable named plastic container with air-tight lid.

Serving suggestion – with cooked Farfalle (Bows) or Fusilli (Twists/Spirals) pasta for cheese sauce or Conchiglie (Shells) for fish sauce.

4. Meat Sauce

N.B. Washing vegetables, weighing/measuring all ingredients, bacon and vegetable preparation must be completed for homework the night before the day of the practical lesson to enable thorough cooking of the sauce)

2 Tablespoons olive oil

250g/8oz lean minced beef or lamb

2 Rashers lean bacon **finely chopped**

1 Medium onion **chopped into small pieces**

2 Cloves garlic **crushed**

1 Medium carrot, **washed and grated**

1 Celery stick, **washed and chopped into small dice**

1 Tablespoon plain flour

250ml/ Half a pint meat or vegetable stock (can be prepared from a stock cube at school)

4-6 Tablespoons tomato puree

1 Bay leaf

Pinch ground nutmeg and pepper/salt to taste

Essential Take Home Equipment: Suitable named plastic container with air-tight lid. Serve with Ziti, or Penne/Pipe Rigate pasta, freshly grated Parmesan cheese and green salad.

This sauce can also be used in Lasagne or Cannelloni. Alternatively, the meat ingredients can be adapted, with the addition of a beaten egg, shaped into meatballs, baked first then added to the cooked sauce or the **Recipe 2. Tomato Sauce**.

5. Pasta in Garlic Sauce

250g Dried Tagliatelle or similar ribbon-type pasta

2 Tablespoons vegetable oil

1 medium onion

250g/8oz mushrooms

250g/8oz fresh or frozen chopped spinach

150g/6oz Reduced fat soft cheese with garlic and herbs

250ml/Half pint skimmed or semi-skimmed milk

Pinch grated nutmeg

Pinch salt and shake of pepper

Chopped fresh parsley to serve (Optional)

Essential Take Home Equipment: A suitable named plastic container with an air-tight lid. Re-heat gently in a microwave. Serve with mixed salad/seasonal vegetables.