

## Year 7 Practical Products and Ingredients List

The focus of year 7 practical work is 'Healthy Eating'. We will be making food products that introduce students to a range of different practical skills, cooking methods and learn about what makes a balanced, healthy diet.

Unless notified otherwise, my practical lesson will be:

Week A: \_\_\_\_\_ Week B: \_\_\_\_\_

| Ingredients needed   |  | Date / Notes   |
|--|--|--|
| <b>1. Fruit Salad</b>  |  |  |
| <ul style="list-style-type: none"> <li>○ At least 3 different types of fruit (think about the colour combinations as well as the flavours)</li> <li>○ Fruit juice (to use as a preservative)</li> <li>○ A lunchbox/container</li> </ul>  |  | <i>How could you creatively serve your fruit salad?</i>  |
| <b>2. Pasta or potato salad</b>  | <b>Tomato &amp; Basil Pasta Salad</b>  |  |
| <b>Potato OR Pasta Salad</b><br><b>Ingredients</b><br>200-300g new potatoes or dried pasta<br>A selection of salad vegetables ( <i>at least 3</i> ) e.g.<br>1 carrot<br>1 or 2 tomatoes<br>¼ cucumber<br>50g sweetcorn<br>½ pepper<br>Handful of finely chopped fresh dill, parsley or chives<br>1-2tblsp light mayonnaise or salad cream.<br>Squeeze of lemon juice (optional)<br>Approx. 50g cooked meat or cheese.<br>*Salt and pepper to taste | 280g uncooked fusilli or penne pasta<br>6 tablespoons olive oil<br>2 cloves crushed garlic<br>1 small onion, finely chopped<br>360g chopped tomatoes, fresh or tinned<br>6 fresh basil leaves, torn<br>3 tablespoons grated Parmesan cheese<br>¼ tsp dried oregano<br>salt and pepper to taste | <i>Consider the presentation of this dish. How can you make it colourful?</i><br><br><i>And remember to follow the recommendations of the Eatwell Guide (copy can be found in student planner)</i> |
| <b>3. Scones</b>   | <b>Optional Extras</b>   |  |
| 225g Self raising flour<br>55g Butter / margarine<br>25g Caster sugar<br>150ml Milk  | 75g raisins / dried fruit<br><br>75g chocolate chips<br><br>75g chopped cherries<br><br>100g grated cheddar cheese (take out the sugar) and add chilli powder/mustard/herbs etc. to add more flavour   | <i>How creative can you be with the flavour of your scones?</i>  |

| 4. Speedy Pizza   | Quesadillas   |   |
|---|---|---|
| <p>Ingredients</p> <p>1 small French Loaf<br/> 50g/2oz butter<br/> 1 onion (chopped)<br/> 1 clove of garlic (crushed)<br/> 1 tablespoon oil<br/> 100g/4oz button mushrooms<br/> 1x 425g can of tomatoes<br/> 100g/4oz mozzarella cheese<br/> 100g/4oz cheddar cheese<br/> ¼ teaspoon oregano<br/> Salt and pepper</p>   | <p>soft flour tortilla wrap<br/> 1 slice of cooked ham (can substitute this to suit your own taste)<br/> 50g Cheddar cheese (grated)<br/> 1 spring onion<br/> <b>Optional Extras</b><br/> 6 leaves fresh coriander<br/> 3 slices pickled jalapeno peppers (from a jar) / fresh chilli<br/> Pesto<br/> Tomato<br/> Tomato puree<br/> <br/> Refried or kidney beans</p> | <p><i>As always, you can substitute some of these ingredients. You may add cooked meats such as chicken, salami, bacon, chorizo or pepperoni. Container to take food home in.</i></p>   |
| 5. Fairy Cakes  | Breakfast Muffins   |   |
| <p>100g SR Flour<br/> 100g Sugar (caster sugar is best)</p> <p>100g Margarine<br/> 2 eggs<br/> Flavouring e.g. vanilla / cocoa powder / lemon zest<br/> 200g Icing Sugar + decorations</p> <p>12 Paper Cases</p>  | <p>75g porridge oats<br/> 150g low fat natural or Greek yogurt<br/> 1 very ripe banana<br/> 100ml milk<br/> 3 x 15ml spoon vegetable oil<br/> 1 large egg<br/> 75g soft brown sugar<br/> 150g self-raising flour<br/> 100g berries<br/> <b>12 muffin cases</b></p>  | <p><i>You may want to try changing the flavours of these muffins. Savoury Muffin courgette can be changed for another vegetable Sweet Muffin: If you choose to leave the banana out, please add an extra 150g yogurt.</i></p> |
| 6. Fish fingers or chicken goujons  |   |   |
| <p>225g fish fillets, skinned (cod, haddock etc.) or chicken breasts<br/> 60g corn flakes<br/> 1 lemon<br/> 1 x 5ml spoon mixed herbs<br/> 1 egg<br/> 2 x Tbsp. plain flour</p> <p>To demonstrate more skill, this could be served with a homemade dip of your choice.</p>  |   | <p><i>If purchasing frozen chicken/fish, please make sure it is fully defrosted for the lesson. Crushed cornflakes make a crunchy coating, some students like to swap this for breadcrumbs instead.</i></p>                   |
| 7. Final development dish   |   |   |
| <p>The final dish is your choice! You will complete planning in school, you must choose one of the dishes made in this rotation and make improvements, taking on board feedback from tasters or teacher feedback. Your task is to demonstrate what you have learned during your time in food technology this year and show off your skills in this final dish.</p> <p>*Due to current social distancing measures the final development dish will be completed at home as part of a homework task.</p> |   |   |