

Year 7 Food and Nutrition

Recipe Information

This recipe book contains all the recipes needed for the Year 7 Food Technology rotation.

Students will need to bring ingredients and a **container** to take their products home in.

Students will be given at least a week's notice for ingredients on Edulink.

If there are any problems in getting ingredients please email Miss Gorman - gormanc@adeyfield.aetrust.uk or Mr Ahmad - ahmads@adeyfield.aetrust.uk in advance of the lesson please, so we can ensure ingredients are available and your child does not miss out on vital practical lessons.

Recipes can be added to or changed with suitable ingredients at home you may have closer to the date so please check Edulink. Ingredients will need to be weighed out at home before the lesson and stored in their Food Technology room before registration.

As part of our health and safety procedures, we track any allergies and food choices for each student at the start of the rotation.

Students will be notified on Edulink about the date that ingredients are required.

Please note that this may be subject to change due and if it does change, then students will be notified on Edulink.

<u>Module of Learning</u>	<u>Recipe</u>	<u>Skills</u>
Starchy Carbohydrates	Pasta Salad	Chopping, boiling, hob safety, knife safety
The role of yeast in bread making	Bread Rolls	Sieving, kneading, proving, shaping, baking
Starchy Carbohydrates	Rocking Rock Cakes	Rubbing in, beating, sieving, mixing, baking
Design and make assessment	Scone Based Pizza	Rubbing in, sieving, mixing, baking.
Sensory Analysis	N/A	Peeling, chopping.

If students receive free school meals or pupil premium then the school also provides ingredients for them, however they will need to bring their own containers to each practical lesson.

<u>Pasta Salad</u> Ingredients needed on: 100g pasta shapes 1 carrot 1 tomato ¼ cucumber ½ tin sweetcorn (optional) 100g cooked chicken/tuna (optional) 2 x tbsp mayonnaise or salad dressing LIDDED CONTAINER TO CARRY YOUR FOOD HOME IN!	<u>Brilliant Bread rolls</u> Ingredients needed on: 250g strong flour 7g pack fast action dried yeast LIDDED CONTAINER OR FOOD BAG TO CARRY YOUR FOOD HOME IN!
<u>Rocking Rock Cakes</u> Ingredients needed on: 200g self-raising flour 1 tsp baking powder 100g butter or hard baking fat 75g sugar 75g mixed dried fruit Pinch of mixed spice/cinnamon (<i>add to your flour</i>) 1 egg 2 tbsp milk (<i>provided by school</i>) LIDDED CONTAINER TO CARRY YOUR FOOD HOME IN!	<u>Scone Based Pizza</u> Ingredients needed on: 110g self raising flour 25g margarine 4 Tbsp milk 50g cheddar Cheese Toppings Pizza Sauce or Tomato puree Toppings of choice 25g mozzarella LIDDED CONTAINER TO CARRY YOUR FOOD HOME IN!