

Year 7 Recipes- Eating '5 a day' the easy way!

1. Fruit Salad

- 250ml fruit juice (straw/carton drink)
- 4 or 5 pieces of fruit from the following list
- Apple banana kiwi orange pear strawberries
- Raspberries small slice melon peach/ nectarine blueberries
- You may also choose 1 small tin of fruit e.g. mandarins or pineapple

Container with unbreakable lid to transport home
Apron/ tea towel

2. Vegetable Pasties

300g Ready made Short crust pastry
1 red pepper or 1 carrot
100g grated cheese
2 spring onions
50g sweet corn
3 tablespoon milk for glazing (optional)
A3 piece of foil
Tupperware container

3. Pasta Pot Snack

You can design your own dish. These ingredients give you an idea of the basics of a pasta snack pot. Remember it is a one portion snack pot.

- 50g pasta shapes- not spaghetti or tagliatelle
 - 1-2 tablespoon dressing or mayonnaise
- You can choose 4 of the following optional ingredients or any others you have chosen in your Pasta design.

- a. 2 spring onions
- b. ½ stick celery
- c. 4 cherry tomatoes
- d. 1 tablespoon frozen/ tinned sweet corn
- e. 1 tablespoon peas
- f. 1 slice ham
- g. 50g cheese in cubes
- h. 5 black / green olives
- i. Small tin tuna

Tea towel
Tupperware container to transport home

Year 8 recipes- The Rubbing in Method (Pizza Design)

1. Fruit crumble

100g flour
50g sugar
50g block margarine
Optional- 25g chopped nuts
Tin of fruit pie filling
Ovenproof dish
Apron
Tea towel
Foil to wrap

2. Rock buns

100g Self Raising Flour
50g block margarine
50g sugar
50g dried fruit/ cherries/ apricots
1 egg
12 paper cases
Apron/ tea towel / foil to wrap

3. Pizza Scone dough (the dough is made in a separate lesson)

200g Self Raising flour
50g Margarine
100 ml milk

Pizza topping

2 tablespoons tomato puree
100g cheese
3 other toppings (50g each e.g. ham, pepper according to your design)
20p for foil tray for baking and transporting home

Year 9 Recipes- The Balance of Food Groups

1. Fruit and vegetables - *Carrot and Orange Mini Muffins*

100g plain flour
1 rounded teaspoon baking powder
50g caster sugar
1 egg
100ml milk
50ml sunflower oil
50g carrot (1 medium)
50g orange segments (tinned or fresh)
12 paper cases or silicon (give a better result and can be used again)
Container/apron/tea towel

2. Meat or Meat alternatives – *Tomato baked meatballs*

250g lean mince beef/ pork/ turkey / Quorn **BRING AN EGG IF USING QUORN**
1 tablespoon oil (not needed if using meat)
1 slice bread
1 medium onion (red or plain)
1 large 400g tin tomatoes
1 stock cube (beef/ chicken or vegetable)
100ml water
1 clove garlic
1 carrot grated

Seasonings

- **Salt (optional)**
- **Pepper**
- **Dried/ fresh herbs (optional)**

OVENPROOF DISH TO COOK IN

3. Dairy foods- *Toad in the Hole (with onions and mustard)*

This recipes encourages you to buy local ingredients to lower food miles (reduce your carbon foot print) and support local business

250g locally sourced sausages (Beef/ Chicken/ Pork/ Quorn)
1 large Welsh egg
200ml Welsh farm milk
100g plain flour
1 red onion
1 tablespoon oil
1 tablespoon wholegrain mustard
Ovenproof tin/ dish
Foil