

Key Stage 3 Food Practical Information 2022-23

PLEASE NOTE: All Learners are expected to bring either their own apron or 10p to borrow one for each lesson. A container to take food home in will also be required.

Year 7		
Lesson	Practical Lesson	Ingredients Required
1	Fruit Salad	<ul style="list-style-type: none"> • Minimum 3 fruits (learner choice) • Juice (choose 1) <ul style="list-style-type: none"> • Orange/apple juice (small carton) • The juice from the tin (pineapple) • Lemonade (small bottle) • Lemon juice (splash)
2	Pizza Toast	Bread- choose one: <ul style="list-style-type: none"> • 2 slices of bread, a bread roll, a naan bread, a pitta bread, ½ baguette Vegetable-choose one: <ul style="list-style-type: none"> • 2 tbsp. tinned sweetcorn, 1 tomato, 2 mushrooms, ¼ pepper, ¼ onion or one spring onion • 60g cheese • 1tbsp tomato puree or similar
3	Pasta Salad	<ul style="list-style-type: none"> • 100g Pasta • 50g sweetcorn • ½ onion • 1 Pepper • Small piece of cucumber • 1-2 tbsp's Mayonnaise Optional - you could add to your salad one of the following: <ul style="list-style-type: none"> • 50-100g ham • 50-100g chicken (cooked) • 50-100g tuna
5	Scones	<ul style="list-style-type: none"> • 250g self raising flour • 50g margarine/ butter • 25g sugar • 125ml milk • 50g dried fruit
6	Rainbow Wraps	To be updated

7	To be Confirmed	
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Year 8		
Lesson	Practical Lesson	Ingredients Required
1	Potato Wedges	<ul style="list-style-type: none"> • 2 medium potatoes • 2tbsp oil
2	Chicken Goujons	<ul style="list-style-type: none"> • 200g or 1 chicken breast • 1 egg • 1 tbsp plain flour • 3 tbsp breadcrumbs
3	Bolognaise	<ul style="list-style-type: none"> • 200g mince e.g. beef, turkey, pork, lamb or quorn • 1 onion • 1-2 vegetables e.g. carrots, peppers, mushrooms, celery, courgette • 1 tin of tomatoes • 1 stock cube • 1 tbsp of oil • 1 teaspoon of mixed herbs • 1 clove of garlic/ paste
4	Curry	<ul style="list-style-type: none"> • 200g meat e.g. chicken, lamb, pork or quorn pieces. • 1 onion • 1-2 vegetables e.g. peppers, mushrooms, carrot, courgette or peas • 1 tin of tomatoes • 1 tbsp oil 1/2 tbsp curry powder/ paste • 1 clove garlic
5	Victoria Sponge	<ul style="list-style-type: none"> • 100g self-raising flour • 100g sugar • 100g soft margarine • 2 eggs (medium) • 1tbsp jam
6	Oat Biscuits	<ul style="list-style-type: none"> • 50g margarine • 50g granulated sugar • 50g self-raising flour • 50g rolled oats

		<ul style="list-style-type: none"> • 1 tbsp golden syrup <i>or 10p for the oats and golden syrup</i>
7	Swiss Roll	<ul style="list-style-type: none"> • 3 eggs • 75g self-raising flour • 75g sugar • <u>2tbsp jam</u>
8	Rock Buns	<ul style="list-style-type: none"> • 250g Self Raising Flour • 100g Butter/ margarine • 50g Sugar • 75g dried fruit • 1 Large Egg • 1-2 tbsp Milk

Year 9		
Lesson	Practical Lesson	Ingredients Required
1	Sweet Potato Onion Bhajis	<ul style="list-style-type: none"> • 1 onions (medium) • 1 medium sweet potato (200g, size of clenched fist) • 2 eggs • 1 tbsp curry powder
2	Curry	<ul style="list-style-type: none"> • 2 chicken breasts (or meat free alternative) • 1 onion • 1-2 cloves garlic • 1tbsp curry powder or paste • Choose 1-2 vegetables from: <i>1 pepper, courgette, 50g peas, 1 carrot, 50g mushrooms.</i> <p><u>Choose one for the sauce:</u></p> <ul style="list-style-type: none"> • Tin of coconut milk • Tinned tomatoes • 250ml natural yogurt + 1tbsp tomato puree • Vegetable stock dissolved in 250ml boiling water + 1tbsp plain flour
3	Sausage rolls or Cheese and onion rolls	<p><u>Pastry</u></p> <ul style="list-style-type: none"> • 200g strong bread flour/ plain flour • 75g block margarine/ butter • 75g lard

		<ul style="list-style-type: none"> • OR • 150g block margarine • 6/7 tbsp cold water <u>Filling</u> <ul style="list-style-type: none"> • 6/350g sausages (not skinless) • 1 egg • Or • Cheese and onion • 50g cheese (grated) • Small potato • Small onion
5	Bread Pinwheels	<u>Bread</u> <ul style="list-style-type: none"> • 250g strong bread flour • Pinch of salt • 1 tbsp oil • ½ sachet of yeast <u>Filling</u> Various sweet and savoury options chosen by the learners in the lesson prior to the practical
6	Puff Pastry	<u>Pastry</u> <ul style="list-style-type: none"> • 200g strong bread flour/ plain flour • 75g block margarine/ butter • 75g lard • OR • 150g block margarine • 6/7 tbsp cold water <u>Filling</u> To be chosen by each learner in the lesson before the practical task.