

Year 7

Food and Nutrition



Healthy Eating Recipe Book

For the duration of this rotation you will require an air tight plastic container to take your practical outcomes home in. This and any other equipment will be reminded with each recipe.

Your first homework is to bring a container ready for next lesson.

Please consult your class teacher for the dates of each practical

Fruit Salad

Plastic Container needed.

Ingredients

- 1 apple
- 1 orange
- 4 strawberries
- 10 grapes
- 1 kiwi fruit
- 100ml orange juice

Layered Pasta Salad

Plastic Container needed.

Ingredients-

100g pasta (your choice)

50g protein (such as tuna, ham, cooked chicken, or cheese)

2-3 salad vegetables such as tomatoes, sweetcorn, cucumber

Salad garnish such as salad cream, mayonnaise

Crumble

Oven proof dish required- metal or glass.

Ingredients

- 400g fresh fruit (apples, rhubarb etc)
- 50g sugar

Topping

100g plain flour

50g margarine

25g sugar

Fruity Muffins

Plastic Container and muffin or cupcake cases needed.

Ingredients

300g self raising flour

150g caster sugar

1 medium egg

175ml milk

125ml veg oil

150g extra ingredients fresh or frozen fruit such as blueberries

Chicken Goujons

50g breadcrumbs

1x5ml spoon mixed herbs

1x15ml spoon parmesan

2 chicken breasts or 200g thighs (or myco-protein pieces)

1x15ml spoon plain flour

1 egg

Optional:

Tortilla Wrap, veg sticks, sauce etc.

Cheesecake-

Metal tin preferably springform with removable sides.

250g digestive biscuits

100g butter

tsp vanilla essence

600g full fat soft cheese

100g icing sugar

284ml pot of double cream

Optional Orange or lemon zest to change flavour if you wish. Not chocolate.

Pizza Ingredients

Container required.

Bread Base

250g Strong plain flour

1 sachet of dried yeast - easy blend

25g margarine OR 2-3 tbsp oil

1tsp salt

Sauce

Jar of pizza topping or salsa

Cheese 250g cheese (50g more for cheesy crust)