



Sale High School

Year 7

Food Technology

Recipe Booklet

SKILLS FOR LIFE



Please ensure your child has his/her ingredients for all lessons. If there are genuine problems that could prevent you from doing so, please send a note to Mrs. Chung-Anderson at least 2 lessons before we are scheduled to cook so arrangements can be made for him/her to participate in the lesson.

To Parents and Students: A number of procedures are now in place at school to based on covid safety guidelines to ensure students can engage in lessons safely.

Covid safety policies requiring your support:

1. Students will need to have their ingredients weighed out and labelled at home. If they can not do this (only in the case of no working scales at home) they must label their bag with their name and year group as well as and a note to indicate ingredients will need weighing then hand to the technician on arrival to school.
2. Some ingredients may need to be prepared at home due to limited time as a result of restrictions. Please check your recipe carefully and do the preparation **indicated in red**.
3. Please do not send in large amounts of ingredients as we will not have time to prepare these. Please follow the recipes provided.
4. Students must collect their practical work at the end of the school day, if the forget they must do so no later than the next day as we can not store forgotten dishes/ingredients for longer than 1 day.
5. Students will now follow a hands up policy when moving around the room to allow for social distancing.

Other

Food hygiene and safety rules will continue to be a priority (see the next page). If you wish to find out what other covid safety procedures are in please visit the schools website under technology. Practical lessons are will be done in year bubbles and shared equipment will be deep cleaned when used between year groups

Please note that you may reduce the recipe for your child if you feel this is too much but do not increase the amounts. For example you may halve the recipe. It is also a good idea to buy value line products and shop around for cheaper options. I am aware that it can be difficult to purchase ingredients, but the students enjoy making and are taught hygiene rules so these dishes can be eaten at home with the family, as a meal or part of a meal. Please encourage your child to practise what is learnt at home. **Please weigh ingredients at home.**

Note to Students

All **containers** with ingredients and for taking home finished products must be **clearly labelled with your Name and Form**. **Ingredients must also be taken to the room before registration socially distancing**. You are responsible for **collecting your finished product and containers after pm registration again socially distancing**.

Hygiene and Safety

Use hand sanitizer on entering room 14 where you will leave bags, coats and blazers at your chair.



Always roll up sleeves and wash hands before you begin following hand washing policies.

Always collect wear a clean apron from the designated class set and place this in washing basket after use.

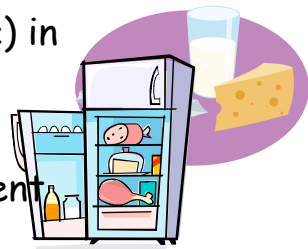
Tie long hair back before entering the Food Tech room.



Fill sink with hot soapy water for washing up. After washing up clear drain and wash your sink.

Pick up vegetable peels that may fall on the floor and place in bin. Report any spills immediately.

Store high risk foods (meat, fish, milk cheese, cream etc) in the refrigerator on your arrival to school.



Remember not to place hot food in the refrigerator.

Set up work surface neatly with ingredients and equipment before you begin. Put away any carrier bags.

Tidy as you go and ensure that at the end all equipment used are washed dried, checked by the teacher then packed away.

Most importantly always listen and follow instructions.



Note we aim to make all dishes but this will depend on the time available.

Fruit Salad

Your child will choose fruits for this but they should try to use no more than 4 different fruits of different colours along with a small carton of fruit juice. If apple or banana is being used it is best to give them orange juice. **Please also supply a small container with a lid to take the fruit salad home.**

Bolognese

250g minced beef/quorn mince

1 small onion

1 clove garlic

1 can chopped tomatoes

1 small carrot

1 beef/veg stock cube

1tsp tomato puree (provided in school)

Mixed herbs (provided in school)

1tsp Worcestershire sauce (provided in school)



WE WILL NOT COOK THE SPAGHETTI IN SCHOOL **Carrot**

Cupcakes (you can halve the recipe to make only 6)

175g sugar

100g wholemeal self-raising flour (provided at school)

100g self-raising flour

1 tsp bicarbonate of soda (provided at school)

2 tsp mixed spice(provided at school)

zest 1 orange **(Zest at home)**

are delicious



These

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2 eggs

150ml sunflower oil (provided at school)

200g carrots , **grated at home.**

12 muffin cases

Optional-For the yummy icing (Make this at home)

100g butter, softened

300g soft cheese

100g icing sugar, sifted

1 tsp vanilla extract (provided at school)

Container with a lid

Method

1.Heat oven to 180C/160C fan/gas 4 and line a 12-hole muffin tin with cases. In a large mixing bowl, mix the sugar, flours, bicarbonate of soda, mixed spice and orange zest. Whisk together the eggs and oil, then stir into the dry ingredients with the grated carrot. Divide the mixture between cases and bake for 20-22 mins until a skewer poked in comes out clean. Cool on a wire rack before icing.

2.For the icing, beat the butter until really soft, then beat in the soft cheese, icing sugar and vanilla. Use a palette or cutlery knife to swirl the icing on top of the cakes, then sprinkle with decorations.

Rock Cakes (All ingredients will be provided in school for this)

100g Self Raising flour

50g block margarine/butter

50g Caster sugar

1 egg

2tbsp milk (provided)

Hand full of raisins or sultanas or glace cherries or desiccated coconut



Container with a lid

Michelin star scones

Practical assessment

Ingredients provided in school for this.

Container with a lid



Salad in a Jar task Students will be learning about how a person's dietary needs affect their food choice. They will make a salad suitable for different cultures/diets.

Most ingredients will be provided.

Your child will need to **bring: 2 different vegetables**, 1 spring onion, a source of protein (cooked chicken/ cheese/tuna/ or based on a culture etc) and **container with a lid**.



Chicken kebabs

1- 2 chicken breasts

$\frac{1}{2}$ green pepper

$\frac{1}{2}$ red pepper

1 small onion

1 lemon

1 or 2 garlic cloves

Container with a lid



Millies Cookies

60g butter

50g brown soft sugar

60g caster sugar (provided at school)

1 egg

110g Self raising flour

Chocolate chips

Container with a lid

To make this healthier your child may add 10g oats with the flour(so 100g self raising flour)/use dried fruits instead of chocolate chips, reduce the sugar content (we can provide honey instead of caster sugar)

