

Recipes for Year 8 Food Preparation & Nutrition Module 2025-2026

This scheme of work has been developed to enable pupils to cook a range of dishes safely and hygienically and to apply and develop their cookery skills.

**Students need to make sure that they use
Class Charts to see when they are cooking these dishes**

Containers need to be clearly labelled with students name and form on them.

Practical Session 1

Pizza Yeast Dough

250g strong white flour
1 x 5ml spoon salt
1 x 7g packet fast action dried yeast
150 ml warm water
1 x 15ml spoon oil

Topping:

1 small jar tomato pizza sauce
A handful of fresh basil
1 x small ball mozzarella cheese
6 slices of pepperoni



A container with lid to carry home

Top tips: Why not add some different toppings? Try slices of ham, spinach, chopped black and green olives, capers, tuna or sweetcorn.

You may wish to make a calzone, which is a folded pizza. Roll and shape the dough into a round disk. Rest half of the dough base on a greased baking tray.

<https://www.foodafactoflife.org.uk/recipes/5-11-years/pizza-yeast-dough/>

Practical Session 2

Fruity Muffins

250g self-raising flour
2 x 5ml spoons baking powder
100g caster sugar
230ml semi-skimmed milk
1 egg
60ml oil
150g canned fruit (in juice)
12 muffin Cases



A container with lid to carry home

Top tips: Vary the type of fruit you use. Try bananas, cherries or blueberries. Go for fresh, frozen, canned or dried fruits. Experiment with different spices, such as cinnamon, ginger or mixed spice.

<https://www.foodafactoflife.org.uk/recipes/11-14-l2c/fruity-muffins/>

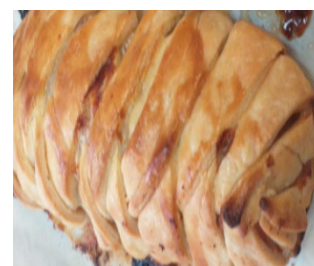
Practical Session 3

Sausage Plait

300g shortcrust or puff pastry
400g of sausage meat
1 finely chopped onion
2 tablespoon relish of your choice
1 egg

A container with lid to carry home

Top tips: Try adding different vegetables, e.g. finely diced celery, peppers. Remember you can adapt this dish to make it suitable for a vegetarian.



Practical Session 4

Dutch Apple Cake

100g caster sugar
100g butter or soft
baking spread
2 eggs
100g self-raising flour
1 x 5ml spoon baking
powder
1 eating apple
1 x 5ml spoon
cinnamon
1 x 5ml spoon demerara sugar



A container with lid to carry home

Top Tips: When lining baking tin it is only necessary to line the bottom of the tin. The sides can be greased with oil.

For a tasty alternative, try pear and ginger.

www.foodafactoflife.org.uk/recipes/11-14-12c/dutch-apple-cake/

Upside Down Pudding

Sponge Cake
125g soft margarine
125g caster sugar
2 eggs
125g self-raising flour, sieved
Topping
1x428g can pineapple rings,
drained
4 glacé cherries, halved
4 tbsp golden syrup



A container with lid to carry home

Top tips: For a tasty alternative, try pear and ginger

Practical Session 5

Cheese Straws

75g plain white flour
25g plain wholemeal flour
1/2 x 5ml spoon of mustard powder
50g butter or margarine
50g cheddar cheese
2 x 15ml cold water



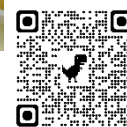
A container with lid to carry home

Top Tips: You may like to brush the cheese stick with water and sprinkle with sesame seeds or poppy seeds before baking, but be aware of student allergies.

<https://www.foodafactoflife.org.uk/recipes/11-14-12c/cheese-straws/>

Cheese and Onion pasties

100g Cheddar cheese
1 small onion
1 packet ready rolled out pastry.
1 egg



A container with lid to carry home

Top tips: Vary the types of spices and herbs used for different flavour sensations! Try adding slices of chicken and beef, perhaps with mushrooms and sweetcorn.

<https://www.foodafactoflife.org.uk/recipes/11-14-12c/cheese-and-onion-triangles/>

Practical Session 6

Swiss Roll

3 eggs
75g caster sugar
75g self-raising flour
2-3 tablespoons jam
extra sugar for rolling up



A container with lid to carry home

Top tips: Experiment with flavours and fillings. Substitute 25g of flour with cocoa powder to make a chocolate Swiss roll and substitute the jam with cream.

Alternatively, add a few drops of lemon flavouring while whisking the egg and sugar mixture and spread with lemon curd.

<https://www.foodafactoflife.org.uk/recipes/cook-club/swiss-roll/>

Victoria Sandwich

150g self-raising flour
150g caster sugar
150g soft margarine or butter
3 eggs (medium)
3 tablespoons of Jam



A container with lid to carry home

Top tips: For a tasty alternative, try using lemon curd instead of jam.

<https://www.foodafactoflife.org.uk/recipes/cook-club/victoria-sponge-cake/>

Practical Session 7

Macaroni Cheese

100g macaroni
100g Cheddar cheese
1 tomato
25g butter or soft spread
25g plain flour
250ml semi-skimmed milk
Black pepper



Container to cook in

A container with lid to carry home

Top Tips: Try using a reduced fat Cheddar cheese to lower the fat content or use wholemeal pasta to increase the fibre

<https://www.foodafactoflife.org.uk/recipes/11-14-12c/macaroni-cheese/>

Tuna and Broccoli Pasta Bake

100g rigatoni
40g cheese
100g broccoli
100g canned tuna (in water) drained
25g soft margarine
25g plain flour
250ml semi-skimmed milk
1 x 5ml spoon dried oregano
50g sweetcorn (canned or frozen)
Black pepper



A container with lid to carry home

Top Tips: Try different varieties of pasta shapes, such as macaroni or shells.

<https://www.foodafactoflife.org.uk/recipes/11-14-12c/tuna-and-broccoli-pasta/>

Practical Session 8 Assessment Week

Shortbread

150g plain flour
100g butter or baking fat/block
50g caster sugar



A container with lid to carry home

Top tips: Add the zest of a lemon, lime or orange for an extra twist.

Why not add some dried fruit or spice?

Chocolate chips or Cherries.

<https://www.foodafactoflife.org.uk/recipes/5-11-years/shortbread/>



Practical 9 Final Practical of the Module.

Student to choose one of the dishes made during this module and improve upon and develop the dish further.

Or

Students can make one of the dishes that they did not get a chance to make.