

## Recipes for Year 7 Food Preparation & Nutrition Module 2024-25

### Practical Session 1

#### Fruit Salad

2 satsumas  
4 strawberries  
8 seedless red grapes, halved lengthways  
8 seedless white grapes, halved lengthways  
2 bananas  
2 x 15ml spoons orange juice



#### container to carry home

**Top tips:** Try using different types of fruit such as peeled and sliced kiwi fruit, chunks of fresh mango or canned pineapple. Instead of orange juice try another juice, such as apple.

<https://www.foodafactoflife.org.uk/recipes/3-5-years/fabulous-fruit-salad/>

#### Coleslaw

¼ white cabbage  
1 carrot  
1 medium apple  
2 x 15ml spoons of low-fat mayonnaise



#### container to carry home

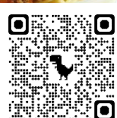
**Top tips:** Instead of using only low-fat mayonnaise experiment with different combinations of low-fat mayonnaise mixed with low fat plain yogurt, fromage frais or crème fraiche. Try adding other vegetables such as onion or celery. Why not try making a super salad?

<https://www.foodafactoflife.org.uk/recipes/food-life-skills/coleslaw/>

### Practical Session 2

#### Bolognaise

1 onion  
1 clove garlic  
1 carrot  
1 celery stick  
1 x 15ml oil  
250g minced beef  
400g canned chopped tomatoes  
2 x 15ml spoon tomato puree  
100ml water  
mixed herbs  
Black pepper



#### A container with lid to carry home

**Top tips:** For a vegetarian option swap the minced beef for veggie mince or lentils

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

#### Layered pasta salad

100g pasta shapes  
1 carrot  
100g cooked sliced chicken  
1 baby gem lettuce  
1 tomato  
¼ cucumber  
2 x 15ml spoons low fat dressing



#### A container with lid to carry home

**Top tips** Vary the type of pasta and/or vegetables used. Why not add some fruit, seeds or nuts? Instead of cooked chicken, why not go for sliced ham, grated cheese.

<https://www.foodafactoflife.org.uk/recipes/11-14-12c/layered-pasta-salad/>

### Practical Session 3

#### Marble Tray Cake

100g caster sugar  
100g soft spread  
2 eggs  
100g self-raising flour  
1 x 15ml spoon coca powder  
½ pear



#### container to carry home

**Top tips:** Instead of chocolate, use other spices and fresh fruit, e.g. mixed spice, apricots

<https://www.foodafactoflife.org.uk/recipes/11-14-12c/marble-pear-tray-bake/>

#### Mini fruit cakes

100g self-raising flour  
100g caster sugar  
100g soft margarine  
2 eggs  
50g dried fruit, e.g. sultanas



#### container to carry home

**Top tips:** Use different types of dried or fresh fruit, e.g. dried apricots, fresh banana. Try adding a little spice, such as cinnamon or ginger.

<https://www.foodafactoflife.org.uk/recipes/11-14-12c/mini-fruit-cakes/>

## Practical Session 4

### Herby Scone Base Pizza

250g self-raising flour  
50 hard baking fat  
2 eggs  
50ml semi-skimmed milk  
3 x 15ml spoons of tomato puree  
2 mushrooms  
1 tomato  
½ green pepper  
25g sweetcorn  
50g cheese, e.g. Mozzarella  
1 x 5ml spoon dried herbs



#### Large container to carry home

**Top tips:** Experiment with different toppings. Why not try slices of ham, tuna, red pepper, onion, or different types of cheese? Add herbs, spices, garlic or black pepper to the scone base mixture.

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

### Pizza toast

½ yellow pepper  
1 spring onion  
1 mushroom  
30g hard cheese, e.g. Cheddar, Edam, Gruyere  
2 slices bread (or a bagel or a piece of French stick sliced in half)  
2 x 15ml spoons tomato pizza sauce  
½ x 5ml spoon mixed herbs



#### Large container to carry home

**Top tips:** Try different types of cheese or different toppings, e.g. tuna and sweetcorn, sliced tomatoes, olives, pesto

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

### Pizza whirls

250g self-raising flour  
50g butter or baking fat/block  
2 eggs  
50ml milk  
**Toppings**  
25g tomato pizza sauce  
1 tomato  
3 mushrooms  
½ an onion  
50g Cheddar cheese  
1 x 5ml spoon mixed dried herbs

#### Large container to carry home

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

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



## Practical Session 5

### Vegetable Crumble

40g butter or baking fat/block  
150g wholemeal flour  
50g cheese  
50g oats  
2 x 5ml mixed herbs  
2 leeks (small)  
1 red pepper  
4 mushrooms  
1 can chopped tomatoes (400g)



#### A container with lid to carry home

**Top Tips:** Try different combinations of vegetables, such as sweetcorn or broccoli. Use different herbs to vary the flavour e.g. parsley or thyme.

<https://www.foodafactoflife.org.uk/recipes/11-14-12c/herby-veggie-crumble/>

### Apple Crumble

**Ingredients**  
100g plain flour  
50g butter or baking fat/block  
50g oats  
25g sugar  
2 eating apples  
50g sultanas



#### A container with lid to carry home

**Top tips** Add a little water to the apples. Be creative and experiment with other fruits, such as blackberries, apricots or peaches. You may wish to use canned apple or another type of canned or dried fruit. Try using wholemeal flour for the crumble topping or use muesli instead of oats.

<https://www.foodafactoflife.org.uk/recipes/11-14-12c/apple-and-sultana-crumble/>

## Practical Session 6

### Garlic and Cheese Plaited Loaf

500g strong white flour  
7g of fast action yeast  
2 tbsp. of any oil  
1 tbsp. of any fine sugar or honey  
3 gloves garlic  
50g cheese  
1 egg for glazing  
300ml lukewarm water

container to carry home



### Bread

250g strong flour  
1/2 x 5ml spoon salt  
7g pack fast action dried yeast  
150ml warm water



container to carry home

**Top tips:** Why not try adding 25g apple, grated cheese, dried fruit or chopped onion to the flour mixture? Decorate your bread with grated cheese or diced onion before baking.

<https://www.foodafactoflife.org.uk/recipes/3-5-years/brilliant-bread/>



## Practical Session 7

### Sizzling Stir Fry

100g noodles  
1 x chicken breast (or 3-4 thighs)  
1 clove garlic  
1/2 red chilli  
1cm fresh ginger  
1/2 red onion  
3 mushrooms  
1/2 yellow pepper  
1 pak choi  
1 x 10ml spoon oil  
1 x 10ml spoon soy sauce (reduced salt)

2 litre container to carry home

**Top tips:** Use noodles that have already been cooked. Vary the vegetables – leeks and carrots all work well. Go for tofu instead of chicken for a vegetarian alternative.

<https://www.foodafactoflife.org.uk/recipes/11-14-12c/sizzling-stir-fry/>



### Fajitas

1/2 lime  
1/2 green chilli  
1 clove garlic  
1x15ml spoon coriander  
1x10ml spoon oil  
1 small chicken breast (or 3-4 thighs)  
1/2 onion  
1/2 green pepper  
2 tortillas  
1 tomato  
25g Cheddar cheese  
1x15ml spoon guacamole (or salsa), optional

Large container to carry home

**Top tips** Go for extra vegetables for a vegetarian alternative.

Other types of meat could be used, e.g. thin strips of beef or turkey.

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



## Practical Session 8

Assessment Practical session to develop and make biscuits.

### Biscuits

100g butter or soft baking spread  
150g caster sugar or 75g caster sugar and 75g soft brown sugar  
1 egg  
200g plain flour

Large container to carry home

**Top tips:** Do not crowd the biscuits on the baking tray, as they may spread while in the oven. Try adding optional ingredients after the flour, for example 25g dried apricots, 25g cherries or 25g choc-chips or vanilla essence or lemon zest.

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



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  
Bromcom to see when they are cooking these dishes

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