

## Food and cookery Skills

### Group 9a/fd

#### 9-week rotation

Your child is studying food for the next 9 weeks. They will be required to bring in ingredients for each practical lesson. The exact dates are in the table below. I have included what ingredients are needed; note that anything with a line through it will be available in school for students to use. Ingredients can be tweaked for different dietary needs e.g. allergies. If you need any help or wish to discuss please contact me at the address below.

They should make sure they weigh and measure at home where possible and bring ingredients in a named container about 2 litre capacity.

I have no problems with ingredients being swapped to suit families and individuals, suitable modifications will be discussed in class

Please email me if you have any problems. [esm@hartismere.com](mailto:esm@hartismere.com)

Date	Dish	Ingredients needed
8/9/25	Beef Burgers Can reduce recipe/number of burgers if required	<a href="#">Beef burger recipe</a> 1 small <a href="#">onion</a> , diced 500g <a href="#">good-quality beef mince</a> <del>1 tbsp vegetable oil</del> 4 bread buns and fillings of your choice, cheese gherkins, salad etc
22/9/25	Pizza	Ingredients 300g strong white flour <del>½ teaspoon salt</del> 1 teaspoon fast action dried yeast <del>e.250 ml warm water</del> <del>2 x 15ml spoon oil</del> about 200ml tomato sauce suitable for pizza/pasta or 4 tablespoons tomato puree Topping 200 g cheese other toppings of your choice eg,pepperoni, peppers, mushrooms, cooked chicken etc
6/10/25	Chicken fajitas	1 lime 1 chilli 1 clove garlic <del>1 x 15ml spoon coriander</del> <del>1 x 15ml spoon oil or spray oil</del> <del>1 x 5ml spoon smoked paprika</del> 1 small chicken breast (or 3-4 thighs) 1 small onion 1 pepper 25g cheddar cheese 2 tortilla wraps
17/10/25	Asian style hoisin noodles	1 clove garlic 1 chilli ½ thumb-sized piece ginger 250g fine green beans <del>Spray oil</del> 250g pork mince or other mince will do. <del>1 x 15ml spoon soy sauce</del> <del>1 ½ x 5ml spoons sugar</del> <del>2 x 15ml spoon hoisin sauce</del> 125g fine egg noodles 1 chicken stock cube 1 lime

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20/10/25	Planning for the practical assessment	Should you wish to use a recipe from home make sure you have it in today's lesson, otherwise you will not be able to plan it and therefore not be able to cook it in your assessment
7/11/25	Practical assessment	<p>Students will be assessed on their organisation, time management , independence and demonstration of skills.</p> <p>They will be choosing the dish they make but it must be something they have made before either at home or at school.</p> <p>It must for the ‘fakeaway’(a savoury takeaway type dish made at home) theme and contain protein, carbohydrate and fruit/vegetables.</p> <p>We will be planning it in the lesson on 20/10/25 so they must bring any recipe from home that they may wish to use otherwise they will be provided with one from school</p>
10/11/25	Pasta Florentina	<p>1 red pepper</p> <p>1 onion</p> <p>1 clove garlic</p> <p>350g penne pasta</p> <p><del>1 x 15ml spoon oil</del></p> <p>2 x 400g cans chopped tomatoes</p> <p>Fresh basil leaves or <del>1 x 5ml spoon dried basil</del></p> <p>200g baby spinach</p> <p><del>Black pepper</del></p> <p>100g mozzarella</p> <p>20g parmesan cheese- optional</p>

If this schedule changes I will speak to students in class and notify them through google classroom.

Thank You

Mrs Smith