

Food and cookery Skills

Group 8y/fd

9 week rotation

Your child is studying food for the next 9 weeks. They will be required to bring in ingredients fortnightly in the blue week and on Thursday. 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

They should make sure they weigh and measure at home where possible and bring ingredients in a named container

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

Date	Dish	Ingredients needed
9/5/24	Spaghetti Bolognese	1 onion 1 clove garlic 1 carrot 1 celery stick 1 tablespoon oil 250-400g lean minced beef 1 can chopped tomatoes(400g) 1 tablespoon tomato puree 100ml water 1 teaspoon mixed herbs Black pepper 150g spaghetti(optional)
23/5/24	Macaroni cheese	100g macaroni 100g cheddar cheese 25g butter or margarine 25g plain flour 250ml milk Black pepper
13/6/24	Fish finger wrap	225g white fish fillet , skinned 45g cornflakes or crackers ½ lemon 1 teaspoon mixed herbs 1 egg 2 tablespoons plain flour One portion salad(lettuce, cucumber tomato etc) Tortilla wrap or similar to make a filled sandwich
27/6/24	“Veggie” chilli	1 red onion 1 celery stick 1 red pepper 400g kidney beans 400g black beans 1 stock cube 1 tbsp oil 1 tsp smoked paprika 1 tsp ground cumin 1 tsp ground chilli powder 400g chopped tomatoes

You will notice that some ingredients have a line through them. These ingredients are provided by school, so pupils do not need to purchase them but may use them.

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

Thank You

Mrs Smith