

Food and cookery Skills

Group 8x/FR

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.

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. **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.**

Please note that the last week is an assessed practical where students will make a family dish of their choice with an accompaniment which they are going to plan in the lesson before. I would like them to make one of the main dishes they have made in school or something they have made at home. It must be prepared in 60 minutes.

Please email me if you have any problems. esm@hartismere.com

Date	Dish	Ingredients needed
29/9/25	Bolognese	1 onion 1 clove garlic 1 carrot 1 celery stick 1 tablespoon oil 250-400g pack of lean minced beef 1 can chopped tomatoes(400g) 1 tablespoon tomato puree 100ml water 1 teaspoon mixed herbs Black pepper
30/9/25	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. sliced bread or roll or similar to make a filled sandwich
13/10/25	Macaroni cheese	150g macaroni or other pasta shapes) 100g cheddar cheese 25g butter or margarine 25g plain flour 250ml milk Black pepper small oven proof dish
14/10/25	Planning for assessed practical	Bring any recipes from home that may be suitable- see below for criteria
3/11/25	“Veggie” chilli	1 red onion 1 celery stick 1 red pepper 400g kidney beans 400g black beans(or other beans in water /tomato sauce) 1 stock cube 1 tbsp oil 1 tsp smoked paprika 1 tsp ground cumin 1 tsp ground chilli powder 400g chopped tomatoes

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4/11/25	Assessed practical	Assessed practical Students will be cooking a family meal of their choice. For example, stir fry and noodles, spaghetti bolognese, fajitas etc. It must reflect a balanced diet, with a protein, carbohydrate and fruit/vegetables included. It must use at least one part of the cooker It must be something they have made before either at home or in school. They can tweak the school recipes used. We will be planning the assessed practical in the lesson prior to this which is the 21st October so they must bring in any recipes from home they wish to use for this lesson.
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If this schedule changes I will speak to students in class and notify them through google classrooms.

Thank You

Mrs Smith