

Group 7x/FD

Your child is studying food for the next 9 weeks. They will be cooking in 6 of those lessons, as such They will be required to bring in ingredients for those lessons

I have included what ingredients are needed in the table below 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. If there are any special dietary needs ,for example allergies and intolerance please modify recipes as required. If you need any assistance or wish to discuss anything please email me at

esm@hartismere.com

Date	Dish	Ingredients needed
12/9/25	Fruit salad	3-5 portions fruit Include an orange(a large "proper" orange) and an apple or pear. Optional :Small carton of pure fruit juice(approx150ml)
26/2/25	Pizza toast	Own choice of bread product for example 2 slices of bread/a bagel/a small baguette/2 crumpets/2 muffins etc. 2-4 tablespoons passata 150g cheese- e.g. cheddar, mozzarella Own choice of toppings e.g. chorizo, olives, peppers etc.
10/10/25	Pasta salad	100g pasta shapes 1 carrot 100g cooked chicken/ cheese/tuna 1 baby gem lettuce(or equivalent iceberg/round) 1 tomato ¼ cucumber 1x 15ml dressing
15/10/25	Cheese scones	250g self raising flour 1 x 5ml spoon mustard powder(optional) 40g butter or baking fat/block margarine 75g hard cheese e.g. mature cheddar 125ml milk
14/11/25	Planning lesson for assessed practical	Bring in suitable recipes from home - see below for criteria
19/11/25	Assessed practical	Students will be cooking a savoury snack of their choice. It must be 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 on the 14TH NOVEMBER so they must bring in any recipes from home for this lesson

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 classroom.

Thank You
Mrs Smith