

Group 7x/FD

9 week rotation

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

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](mailto:esm@hartismere.com)

Date	Dish	Ingredients needed
4/3//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)
5/3/25	Pizza toast	Own choice of bread product for example 2 slices of bread/a bagel/a small baguette/2 crumpets/2 muffins etc. <del>2-4 tablespoons passatta</del> 150g cheese- e.g. cheddar, mozzarella Own choice of toppings e.g. chorizo, olives, peppers etc.
19/3/25	Pasta salad	100g pasta shapes 1 carrot 100g cooked chicken/ cheese/tuna 1 baby gem lettuce(or equivalent iceberg/round) 1 tomato ¼ cucumber <del>1x 15ml low fat dressing</del>
29/4/25	Cheese scones	250g self raising flour <del>1 x 5ml spoon mustard powder</del> 40g butter or baking fat/block margarine 75g hard cheese e.g. mature cheddar 125ml milk
30/5/25	Assessed practical	Students will be cooking a 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 recipe in the planning lesson prior to this which is the 1st May so 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