

Food and cookery Skills

3rd rotation Group 9x/fd

revised 20/2/25

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 Friday. 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
28/2/25	Beefburgers	Beef burger recipe 1 small onion, diced 500g good-quality beef mince 1 egg 1 tbsp vegetable oil other fillings of your choice, cheese gherkins, salad etc
6/3/25	Pizza Half of the tomato sauce will be frozen for the next practical. Please send 1 freezer bag	Ingredients 500g strong white flour ½ teaspoon spoon salt 2 teaspoon fast action dried yeast or 1 sachet 250 ml warm water 2 x 15ml spoon oil 1 tin tomatoes 1 onion 1 clove garlic Topping: 200 g cheese other toppings of your choice eg,pepperoni, peppers, mushrooms, cooked chicken etc
28/3/25	Fresh pasta and sauce	1 medium egg Optional :one or two ingredients to add to the tomato sauce for example peperoni, mushrooms peppers etc Flour will be provided by school and student will use the tomato sauce made last week
25/4/25	Southern fried chicken and coleslaw	Southern fried chicken recipe 2 pieces of chicken 200ml milk seasoned flour provided by school for the coleslaw ¼ white cabbage 1 carrot one small onion For the mayonnaise 1 egg 125ml vegetable oil 1 tsp Dijon mustard 1 teaspoon lemon juice
9/5/25	Practical assessment	Students will be assessed on their organisation, time management , independence and demonstration of skills. They will be choosing the dish they make but it must be something they have made before either at home or at school. it must fir the 'fakeaway ' theme and contain protein, carbohydrate and fruit/vegetables. We will be planning it in the lesson on 1st April so they must bring any recipe from home that they may wish to use otherwise they will be provided with one from school

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