

## Food and cookery Skills

Group 8a/fd and 8b/fd

9 week rotation

Your child is studying food for the next 10 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.

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](mailto:esm@hartismere.com)

Date	Dish	Ingredients needed
26/2/25	Bolognese	1 onion 1 clove garlic 1 carrot <del>1 celery stick</del> <del>1 tablespoon oil</del> 250-400g pack of lean minced beef 1 can chopped tomatoes(400g) 1 tablespoon tomato puree 100ml water <del>1 teaspoon mixed herbs</del> <del>Black pepper</del>
3/3/25	Fish finger wrap	225g white fish fillet , skinned 45g cornflakes or crackers ½ lemon <del>1 teaspoon mixed herbs</del> 1 egg <del>2 tablespoons plain flour</del> One portion salad( lettuce, cucumber tomato etc) Tortilla wrap or similar to make a filled sandwich
17/3/25	Macaroni cheese	150g macaroni or other pasta shapes) 100g cheddar cheese 25g butter or margarine 25g plain flour 250ml milk <del>Black pepper</del>
31/3/25	"Veggie" chilli	1 red onion <del>1 celery stick</del> 1 red pepper 400g kidney beans 400g black beans( or other beans in water /tomato sauce) 1 stock cube <del>1 tbsp oil</del> <del>1 tsp smoked paprika</del> <del>1 tsp ground cumin</del> <del>1 tsp ground chilli powder</del> 400g chopped tomatoes
7/5/25	Assessed practical	Make a family meal with accompaniment of your choice. the meal must be balanced and include a portion of protein, carbohydrate and fruit/vegetables Prepared within 60 minutes Must be something you have made before Will be planned in the week beginning 28/4/25 so must bring any recipes to that lesson More details will be given out in advance

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

Thank You

Mrs Smith