

# Year 7 Food Preparation and Nutrition

**Date:**

**Fruit Salad (labelled box)**

- 1 Apple
- 1 Orange
- 1 Banana
- 1 Pear
- A few grapes
- Any other fruits you like - strawberries, melon etc....
- 1 small carton of Orange OR Apple Juice (250ml)



**Date:**

**Layered Pasta Salad (labelled box)**

- 100g pasta
- Mayonnaise or Salad cream or a salad dressing
- At least two vegetables - pepper, sweet corn, kidney beans, chick peas, cucumber, tomatoes, carrot,
- red onion, tinned peas (think about colour)



**Date:**

**Rock Buns (labelled box)**

- 150g Self raising flour
- 75g Margarine
- 50g Sugar
- 1 Egg
- 50g Flavouring - raisins, desiccated coconut, cherries, dried fruit



**Date:**

**Cheese and tomato pinwheels (labelled box)**

- 200g pack ready rolled puff pastry
- 3 tablespoons ready made pasta sauce
- 50g wafer thin ham
- 50g mature cheddar
- 1 egg
- 1 tsp dried oregano or mixed herbs



**Date:**

**Mini Tortilla quiche**

**Labelled box required**

- 75g peas or sweetcorn
- 2 large tortilla wraps
- 2 eggs
- 100ml milk
- 40g grated mature cheddar
- 40g ham
- Dried or fresh herbs/ to taste



**Date:**

**Breakfast bar**

**20cm oven proof dish required**

- 75g butter or margarine
- 100g sugar
- 2 x 25ml spoon honey
- 150g jumbo oats
- 1x 5ml spoon cinnamon
- 40g pumpkin seeds
- 40g desiccated coconut
- 75g tropical dried fruit



## Year 7 Food Preparation and Nutrition continued

**Date:**

**Melting moments biscuits (labelled box)**

125g plain flour  
100g soft margarine  
50g sugar

**Optional**

½ teaspoon vanilla essence  
25g cornflakes  
25g rolled oats  
25g desiccated coconut  
4 glace cherries



**Date:**

**Tomato pasta sauce/ pasta bake (labelled box)**

1 onion  
1 clove garlic  
1 x 15ml spoon oil  
2 x 400g canned chopped tomatoes  
Handful of fresh basil  
Black pepper



**Date:**

**Savoury scones**

**Pupils to and come up with their own variation ingredients list.**

250g Self raising flour  
50g margarine  
200ml milk

**Optional –**

75g grated cheese, sun-dried tomatoes, chopped olives, herbs or spices,  
Or  
75g garlic soft cheese  
5g dried herbs.



**Date:**

**Quesadilla (labelled box)**

1 shallot  
100g chorizo  
2 cooked chicken breasts, shredded (range of vegetables if you do not eat meat)  
2 plum tomatoes  
320g pack soft tortillas  
200g cheddar  
small bunch coriander, roughly chopped



**Date:**

**Chicken nuggets (labelled box)**

50g breadcrumbs  
1x5ml spoon mixed herbs  
1x15ml spoon parmesan, grated  
2 chicken breasts (or 200g quorn pieces)  
1x15ml spoon plain flour  
1 egg, beaten



**Date:**

**Cheese and Potato pie**

**Oven proof dish**

5 medium potatoes  
30g cheese  
2 tomatoes (optional)  
1 onion  
2 tablespoons of milk  
50g of butter/ margarine  
Salt, pepper, cayenne pepper is optional

