

## Year 7 Shopping List

Lesson	Jan-July	Year 7
1	<b>Theory lesson and demo</b> <b>No ingredients needed.</b>	<p>During this term of work, students will be understanding:</p> <p><b>Knowledge</b></p> <ul style="list-style-type: none"> <li>- Nutrition and Health – Eatwell plate, balance diet</li> </ul> <p><b>Kitchen skills</b> – Weighing &amp; Measuring, Cutting, Boiling, Simmering, Setting and Using The Hob/Oven, Dish Construction, Sensory Analysis</p>
2	<b>Vegetable Cous Cous</b>	<p>1 vegetable stock cube, 100g couscous, 1 medium tomato, 1 spring onion, ¼ cucumber, ½ yellow pepper, 4 dried apricots, 1 x 15ml spoon parsley, 2 x 15ml spoons low fat dressing</p> <p><b>Container to take food home in</b></p>
3	<b>Secret vegetable Pasta Bake</b>	<p>1 red onion, 1 clove garlic, 1 courgette, 1 yellow pepper, core removed 400 g chopped tomatoes, 1 handful fresh basil, Small tin of sweetcorn, 150 g penne pasta, 1 handful grated cheddar</p> <p><b>Container to take food home in</b></p>
4	<b>Theory lesson and demo</b> <b>No ingredients needed.</b>	<p><b>No ingredients needed.</b></p> <p><b>Knowledge</b> – Food Safety – Working with high risk foods, 4Cs Food Hygiene</p> <p><b>Kitchen skills</b> – Weighing &amp; Measuring, Cutting, Boiling, Simmering, Setting and Using The Hob/Oven, Sauce Reduction, Dish Construction, Preventing Cross Contamination, Sensory Analysis</p>
5	<b>Chicken Stir Fry With Noodles</b>	<p>100g noodles, 1 x chicken breast, ½ red chilli, 1 clove garlic, ½ red onion, ½ yellow pepper, 3 mushrooms, 1x10ml spoonful of soya sauce</p> <p><b>Container to take food home in</b></p>
6	<b>Beef Chilli Bolognese</b>	<p>1 x small onion, 1 clove garlic, ½ fresh red chilli, 1 small tin of kidney beans, ½ green pepper, 125g mince beef, 400g tinned tomatoes</p> <p><b>Container to take food home in</b></p>
7	<b>Theory lesson and demo</b> <b>No ingredients needed.</b>	<p><b>No ingredients needed.</b></p> <p><b>Knowledge</b> – What Influences our food choices that we make and where and how our fruit and vegetables are grown. Food Science – Enzymic browning in fruit</p> <p><b>Kitchen skills</b> – Weighing &amp; Measuring, Cutting, Boiling, Making a Roux, Sauce Thickening, Creaming Method, Setting and Using The Hob/Oven, Dish Construction, Sensory Analysis, Evaluation</p>
8	<b>Dutch Apple Cake</b>	<p>100g Flour, 100g butter, 2 x eggs, 100g Caster Sugar, 2 medium eating apples, 1 tablespoon of ground cinnamon</p> <p><b>Cake tin, Container to take food home in</b></p>
9	<b>Macaroni Cheese</b>	<p>25g Flour, 25g butter, 330ml milk, 100g cheese, 100g macaroni pasta</p> <p><b>Container to take food home in</b></p>
10	<b>Evaluating a Shop Purchased Ready Meal</b>	<p>Purchase a ready made meal of your choice</p>

