

Year 9 Shopping List

Lesson	Year 9	Jan-July 2020.
Lesson 1	Theory / Demo lesson No ingredients needed.	Focus: Nutrients – Macro and Micronutrients Knowledge –Classification, functions, sources, excess and deficiency and diet related health conditions
Lesson 2	Chilli Pepper and Bean Tortillas	Ingredients ½ onion (finely chopped), 1 clove garlic, 1 pepper, 1 small red chilli, ½ tsp ground cumin, 1 tsp spoon paprika, 1 x 200g (small) can chopped tomatoes, 1 x 200g (small) can red kidney beans, 1 tbsp spoon tomato puree, fresh coriander, 6 tortilla wraps, 50g cheese Suitable labelled Container to take home in
Lesson 3	Lasagne or Quick Vegetarian Lasagne	Ingredients 1 onion, 1 garlic clove, 1 carrot, 2 celery sticks, 200g mince or 100g green lentils , 400g canned chopped tomatoes, 1 x 5ml spoon mixed herbs, 15ml spoon tomato puree, 200ml crème fraiche, reduced fat, 25g parmesan, grated, 50ml semi-skimmed milk, 6 lasagne sheets Suitable Ovenproof dish or foil container to bake in and take home in
Lesson 4	Theory / Demo lesson No ingredients needed.	Focus: Nutritional needs of different groups of people Knowledge: Different target groups, needs and key nutrients Last Practical Evaluation: Sensory aspects, practical skills, adaptations...
Lesson 5	Spaghetti Carbonara	Ingredients 200g dried spaghetti or pasta shapes, 2 rashers bacon, 4 eggs, 100g parmesan cheese, 8 tablespoons double cream Suitable labelled Container to take home in
Lesson 6	Warm Chorizo and Goats Cheese Tart	Ingredients 50g Button Mushrooms, 500g pack of puff pastry, 50g Chorizo Sausage, 4 Cherry Tomatoes, 50g Goats Cheese, 50g Broccoli (8 small florets) 2 tablespoon milk. Suitable labelled Container to take home in
Lesson 7	Theory / Demo lesson No ingredients needed.	Focus: Special diets: Food allergies & Intolerances & Alternative proteins Knowledge – Food Allergens, Lactose intolerance and Coeliac Disease. Protein Alternatives: Soya, Tofu, Beans and Seeds Last Practical Evaluation: Sensory aspects, practical skills, adaptations...

Lesson 8	Sausage Casserole	<p style="text-align: center;">Ingredients</p> <p>6 sausages and 4 rashers bacon, (or vegetarian equivalent) 1 onion, 1 garlic clove, 1 tsp paprika or chili powder, 1 can chopped tomatoes, 1 stock cube, 2 tablespoon tomato puree, 1 can butter beans/ mixed beans, 1 tablespoon brown sugar, 1 tablespoon Worcestershire sauce.</p> <p style="text-align: center;">Suitable labelled Container to take home in</p>
Lesson 9	Free choice	<p style="text-align: center;">International Cuisine MasterChef Competition: Research</p> <p>British/Italian/Chinese or Indian cuisine: Climate influence on food, traditional ingredients and dishes (sweet and savoury)</p>
Lesson10	Free choice	<p style="text-align: center;">International Cuisine MasterChef detailed time plan</p> <p style="text-align: center;">Including special points</p>
Lesson 11	Free choice	<p style="text-align: center;">International Cuisine MasterChef Practical</p> <p style="text-align: center;">Suitable labelled container to take home in</p>
Lesson 12	Swiss Roll	<p style="text-align: center;">Ingredients</p> <p>75g SR Flour, 75g Caster sugar, 3 eggs, 3 tablespoon jam of choice for filling</p> <p style="text-align: center;">Suitable labelled container to take home in</p>

