

Year 7 2022/23 Ingredient List - Dear Parents/Guardians, Students need to bring the ingredients from home (**clearly labelled with pupil's name**) on the day of the lesson in a suitable (**named**) container and bring to the food technology room before registration to store safely. They must remember to collect their food at the end of the day. **Please ensure they bring a suitable container in which the cooked food can be transported home.** If your child is allergic to ANY food please ensure you have advised school. You can contact your child's teacher by emailing clare.vincent@consilium-at.com to discuss any issues.

Practical 1 Fruit fusion

1 Clementine
6 red grapes
6 green grapes
1 kiwi fruit
1 banana
1 apple
CHOOSE ANY 3 FRUIT ITEMS FROM ABOVE
PLUS
2 x tablespoon of orange juice
Well-sealed container to transport home

Cooking on _____

Practical 2 Croque Monsieur

1 bread bun or 2 slices of bread of your choice
1 slice of ham or other cooked meats of choice
1 tomato or other fruits/vegetables of choice
30g cheese, e.g. Cheddar, Edam, Gruyere

Cooking on _____

Practical 3 Apple and Sultana Crumble

100g plain flour
50g butter or margarine
30g oats
25g brown or white sugar
2 eating or cooking apples
50g sultanas
Ovenproof dish/metal tray to cook in (20p from school)

Cooking on _____

Practical 4 Savoury Cheese Scones

8oz / 200g Self-Raising flour
1 level teaspoon baking powder (optional)
2oz / 50g margarine
2oz / 50g Cheese (i.e. cheddar)
1 teaspoon mixed herbs/or Italian herbs
100ml (or 4 fl.oz) Milk
1 egg and rock salt to glaze (OPTIONAL)
Container to transport home

Cooking on _____

Practical 5 Chicken Goujons

1 Chicken Breast
25g Plain flour
1 Egg
1 Piece wholemeal bread
Container to transport home

Cooking on _____

Practical 6 Pasta & Ragu Sauce


100g pasta - penne/fusilli
Ragu :
1 onion
1 clove garlic, peel and crush
1x15ml spoon oil
1 x 400g canned chopped tomatoes
handful of fresh basil
Container to transport home

Cooking on _____

Practical 7 Fruit Muffins

100g self raising flour
100g soft margarine
100g caster sugar
2 eggs
50g dried fruit e.g. sultanas
6 muffin cases
Container to transport home

Cooking on _____

Class _____	
Rotation dates _____	

Homework - Year 7

One Star Chef Award

TASK CHOICE

- ⦿ Choose **one** of the three tasks to complete for homework.
- ⦿ Look at the criteria to pass the award.
- ⦿ **You must provide evidence of each criteria point within your project.**
- ⦿ Include **photographs** as evidence (or even a **video** or **story board**).
- ⦿ To pass the award you must show your understanding of healthy eating and nutrition. **Show that you understand the principles of *The Eatwell Guide* and healthy eating advice.**
- ⦿ **Explain that food and drink provide energy and nutrients in different amounts and that people require different amounts during their life.**
- ⦿ **Show that you understand the importance of energy balance and the implications of dietary excess (i.e. obesity) or deficiency.**
- ⦿ It must be written in your own words - **DO NOT COPY AND PASTE** from the internet.

This is a project and an independent piece of homework, to achieve your potential show your creativity and ability to follow a set design brief and criteria.

1. Seasonal soups

Create and make a hearty or main meal soup that encourages people to eat more seasonal vegetables and follows current healthy eating guidelines, particularly reducing salt content by using alternative flavourings.

2. Sporty snack

Design and make a batch of savoury scones or another savoury snack that could be shared and eaten with friends after swimming or playing sport. Use at least one additional ingredient from one or more of the following *Eatwell Guide* groups: fruit and vegetables, meat, fish, eggs, beans and other non-dairy sources of protein, milk and dairy foods.

3. Muffin market

Make a batch of muffins that include fresh, canned or dried fruit and/or vegetables that could be sold at a school fair.

Award Criteria

To achieve the award you should demonstrate the following in each criteria:

1. Healthy eating and nutrition

- ✓ Understand the principles of *The Eatwell Guide* and healthy eating advice.
- ✓ Know that food and drink provide energy and nutrients in different amounts and that people require different amounts during their life.
- ✓ Understand the importance of energy balance and the implications of dietary excess or deficiency.

2. Practical skills and cooking - at home

- ✓ Weigh and measure accurately using different measuring equipment;
- ✓ Use a range of kitchen equipment confidently.
- ✓ Follow text-based recipe instructions independently.

3. Safety and hygiene

- ✓ Understand and use good food safety and hygiene practices.
- ✓ Use equipment safely, being aware of others' safety.

Due in on _____