

One In A Million Free School - Yr7
Food tech lessons ingredients and money for Term 1 + 2

Wk commencing 3rd September

Theory lesson. Introduction to Food technology. Baseline test.

Week commencing 10th September

Health and safety in the food room. Potential hazards. Rules for the kitchen. Homework

Wk commencing 17th September

Demonstration by teacher making smoothies. Taste testing. Sensory analysis. Bring ingredients for next weeks practical.

Wk commencing 24th September

All Students making smoothies. Please bring $\frac{1}{2}$ pint of milk, fruit yoghurt of choice, 1 banana and soft fruit of choice. Examples handful of strawberries or raspberries, tinned fruit of choice/ frozen fruit of choice. Students will make their choices from the demo the week before.

Bring an apron and container/bottle/jar to take smoothie home in.

Wk commencing 1st October

Demonstration by teacher making a fruit salad. Students will be taste testing, completing sensory analysis worksheet.

Wk commencing 8th October

All students making fruit salad. Bring 1 orange, 1 green or red eating apple then fruits of choice. It can be a combination of fresh/ tinned and frozen fruits of choice. Examples of fruits can be a handful of strawberries, seedless grapes, raspberries, blueberries, tinned pineapple, peaches, apricots, mango etc. Colourful fruits are important for this practical. Bring apron and container with a secure lid to take the salad home in.

Wk commencing 15th October

Demonstration by teacher making fruit crumble. Rubbing in method. Weighing and measuring and oven safety. Bring ingredients for next weeks practical.

Wk commencing 5th November

All Students making fruit crumble. Bring 50p and a tin of fruit of choice. Examples are tinned fruit pie filling, tinned peaches, tinned pineapple, tinned mango, and tinned apple. If you stew your own fruit 400g approximately is needed. DO NOT BRING FRESH FRUIT TO STEW IN LESSON. There isn't enough time.

Bring an apron and container to take the crumble home in.

Wk commencing 12th November

Demonstration by teacher making pasta salad. Students will be learning about the eatwell guide and healthy eating. Bring ingredients for next week.

Wk commencing 19th November

All students making Pasta salad. Bring 20p, 100g pasta of choice NOT SPAGHETTI. Examples of ingredients to put into the salad are 4-5 cherry tomatoes, 2 tbsp. sweet corn, 50g grated cheese, 2 boiled eggs, $\frac{1}{2}$ red/green/yellow/orange pepper, a chunk of cucumber, $\frac{1}{2}$ grated carrot, $\frac{1}{4}$ onion, 2 spring onions, 2 tbsp. olives, 2 slices of cooked ham, cooked chicken, tinned tuna in brine or water and/ or a handful lettuce leaves. Any combination of colourful veg welcome.

Bring apron and a container to take pasta home in.

Wk commencing 26th November

Demonstration by teacher making flapjack. Students will be learning about the melting method and how to control the heat using the hob. Bring ingredients for next week.

Wk commencing 3rd December

All students making Flapjack. Please bring 60p
Bring an apron and a container to take the flapjack home in.

Wk commencing 10th December

All Students making Christmas food. Bring 80p
Bring an apron and container to take the food home in.

Wk commencing 17th December

Christmas quizzes