

One In A Million Free School - Yr8
Food tech lessons ingredients and money for Term 1 + 2

Wk commencing 3rd September

Theory lesson. Introduction to Food technology. Grades/targets and expectations this year. Vegetables in cakes. Demonstration by teacher on how to make carrot cake. Bring ingredients for next weeks practical.

Week commencing 10th September

All students making carrot cake. Please bring 50p each
2 eggs, 125g sultanas, 2 carrots, 50g **CHOPPED** nuts optional. Container AND Apron. This is a paired activity so cost of ingredients should be split between 2.

Wk commencing 17th September

Nutrition of fruit and vegetables. Demonstration by teacher making pineapple upside down cake. Bring ingredients for next weeks practical.

Wk commencing 24th September

All Students making pineapple upside down cake. Paired activity. Bring 50p each.
2 eggs and 4 pineapple rings. Apron and a container.

Wk commencing 1st October

Assessment discussion and planning on development of a muffin using vegetables. Students to research vegetable muffins and nutrition of vegetables and complete a planning sheet. Demonstration by teacher making chocolate and beetroot muffins. Bring ingredients for next week.

Wk commencing 8th October

All students making chocolate and beetroot muffins. This is a paired activity. Bring £1 Apron and container, 45g dark chocolate, 2 eggs

Wk commencing 15th October

Assessment week. Plan a **VEGETABLE** muffin based on the fruit and vegetables theme.

Must reflect the sections of the "Eat-Well Plate" in the correct proportions

Must contain fresh ingredients

Must be made and served within 50mins

Must demonstrate cooking skills and not rely on pre-prepared foods

Students to make a muffin using vegetables of choice. Students are advised to bring all ingredients for the assessment. Any problems contact Mrs Buckland. They are advised to weigh and measure all ingredients and bring to the lesson to help with speed. They now have 1hr lessons.

Wk commencing 5th November

Theory lesson. Grades and how to move forward this term. All about mince worksheet.

Wk commencing 12th November

Theory lesson. Hygiene and safety video and activities around handling meat.

Wk commencing 19th November

Mince/Keema theory on the benefits of cooking with mince. Demonstration by teacher making Spaghetti bolognaise. Bring ingredients for next weeks practical.

Wk commencing 26th November

All students making spaghetti bolognaise. Please bring 40p
100g mince/keema (meat) or quorn, $\frac{1}{2}$ onion, 1 Garlic clove, 25g cheese, grated,
 $\frac{1}{2}$ carrot or $\frac{1}{2}$ pepper

Apron and container.

Wk commencing 3rd December

Mince theory part 2. Demonstration by teacher making burgers. Bring ingredients for next week.

Wk commencing 10th December

All students making burgers. Please bring 10p, 100-200g mince-Keema beef/lamb/chicken/turkey/pork, $\frac{1}{2}$ onion, 1 bread roll

Bring another ingredients to flavour the burger.

Examples of other ingredients- garlic, chilli, cheese, fresh coriander, cajun spices, smoked paprika, sweetcorn, red pepper, mushroom, onion.

Wk commencing 17th December

School closes on the 19th December therefore no cooking for yr8.