

**One In A Million Free School - Yr9**  
**Food tech lessons ingredients and money for Term 1 + 2**

**Wk commencing 3<sup>rd</sup> September**

Theory lesson. Introduction to Hospitality and Catering. Grades/targets and expectations this year. Demonstration by teacher on how to make French Onion Soup Bring ingredients for next weeks practical.

**Week commencing 10<sup>th</sup> September**

All students making French Onion Soup in pairs. Please bring 30p each. 4 Medium Onions  
2 cloves of garlic, 50g grated cheese

A container that will hold soup and an apron. **This is a paired activity so cost of ingredients should be split between 2.**

**Wk commencing 17<sup>th</sup> September**

Types of service in the hospitality and catering industry. Demonstration by teacher making Quiche. Bring ingredients for next weeks practical.

**Wk commencing 24<sup>th</sup> September**

All Students making quiche **individually**. Please bring 80p each. 2 eggs, 100mls milk, 100g strong cheese,  $\frac{1}{2}$  onion. Optional ingredients tinned tuna/salmon,  $\frac{1}{2}$  coloured pepper of choice, 5 cherry tomatoes, 2 tbsp sweetcorn, 4-5 mushrooms, ham  
Apron and a container.

**Wk commencing 1<sup>st</sup> October**

Theory lesson on Food hygiene, food poisoning bacteria, important temperatures.  
Demonstration by teacher making Thai Green Curry. Bring ingredients for next weeks practical.

**Wk commencing 8<sup>th</sup> October**

All students making Thai green curry. This is a paired activity. Please bring 50p Apron and 2 containers to hold curry and rice. **This is a paired activity so cost of ingredients should be split between 2.**

3 spring onions or 1 small onion, 1 clove of garlic, handful sugar snap peas, 1-2 small chicken breasts, 1 tin coconut milk, 1 lime, Small bunch of coriander.

**9C will be affected this week and won't cook due to assessment week.**

**Wk commencing 15<sup>th</sup> October**

Assessment week. Students will conduct a written test on this terms work, knowledge and understanding. **9C will be affected this week and won't cook due to assessment week.**

**Wk commencing 5<sup>th</sup> November**

Theory lesson. Grades and how to move forward this term. Nutrition programme and how to use it.

**Wk commencing 12<sup>th</sup> November**

Theory lesson. Nutrition continued. What are Allergens. Demonstration by teacher making Choux pastry. Bring ingredients for next weeks practical.

**Wk commencing 19<sup>th</sup> November**

All students making choux pastry in pairs. Please Bring 20p each, Apron and container.  
2 eggs (large) . For the topping,  $\frac{1}{2}$  bar milk chocolate, For the filling 100-200ml double cream between 2 students. **This is a paired activity so cost of ingredients should be split between 2.**

### Wk commencing 26<sup>th</sup> November

Theory lesson. Macro and Micro nutrients. Demonstration by teacher making Rough puff pastry.

### Wk commencing 3<sup>rd</sup> December

All students making their own batch of rough puff pastry. **Please bring 60p and an apron.** The pastry will be frozen ready to make either sausage rolls or fruit turnovers the following week.

### Wk commencing 10<sup>th</sup> December

All students making fruit turnovers or sausage rolls **individually**. If making sausage rolls students need

- 350g Sausage approx 6-8, 1 small onion, 1 bramley apple-**optional**, 1 egg to glaze

If making fruit turnovers 1 tin fruit pie filling, Or 1 large tin pineapple, Or 1 tin Peaches, OR, 1 tin Pears, 1 egg to glaze.

Bring apron and a container to take food home in.

### Wk commencing 17<sup>th</sup> December

School closes on the 19<sup>th</sup> December therefore quizzes to end the year.