

YEAR 7

1. Fruit kebabs

Chopping skills and cutting grips,
Sensory Analysis, Hob and general safety,
Healthy eating guidelines

2. Pancakes

Hob safety, Recipe variation,
National differences, Recipe design
Food safety and hygiene, cleaning up

3. Cup cakes

Creaming method, Portion control,
Oven usage and baking science

4. Cupcake Decoration

Piping, Accurate weighing and measuring,
Creaming

5. Pasta salad with Orzo

Al dente pasta, Multi-tasking, Mise-en-place,
Making salad dressings

6. Wholemeal scones

Raising agents, Portion control, Healthy eating guidelines,
Fibre and healthy digestion

7. Egg fried rice

High risk foods,
International cooking, Al dente
Meat and fish challenge

8. Granola Bars

Healthy eating guidelines,
Hob use and safety

9. Pin Wheels

Rolling, Shaping,
Dish design, Portion control, Different types of pastry

10. Healthy Dips

Electrical equipment use,
Julienne chopping skills
Eat well Plate
Healthy snack food

11. Rocky Road

Electrical equipment,
Healthy guidelines

Cup Cakes

110g margarine

*if using butter MUST

be softened to room temp.

110g Self raising flour

110g caster sugar

3 eggs

Cupcake paper cases

Optional flavourings:

Cocoa powder

vanilla essence

A Lemon/lime/orange

Peppermint/Strawberry/almond

Sugar icing

200g Icing sugar

Optional:

a lemon/lime/orange/berries to
food colouring/decorative sprinkles

Butter cream Icing:

100g softened butter

200g icing sugar

few drops of water if needed.

Food colouring / decorations

Pasta salad

100g Pasta/Orzo

3-5 portions of vegetables to chop suitable
for eating raw

Handful of seeds or dried fruit

Optional:

Portion of meat or fish pre-cooked.

30g of cheese

Salad dressing:

2-3 tbsp of pesto or salad dressing.e.t.c

Pin wheels

250g puff pastry

6 tbsp ready made pasta sauce (not too
chunky)

100g wafer thin ham

100g mature cheddar , grated

1 egg , beaten, 1 tsp dried herbs

Vinaigrette

1 tbsp white wine vinegar or lemon juice (acid)

1/2 tsp of dijon mustard

1 pinches of caster sugar

Salt & Pepper

4-5 tbsp extra virgin olive oil

Egg fried rice

1 egg

2 tsp sesame oil

2 tbsp vegetable oil

150g long-grain rice, cooked but left cold

50g frozen peas, defrosted (rinse under warm water to do
this quickly)

4 spring onions, finely chopped

50g beansprouts (optional)

1-2 tsp soy sauce

ground white pepper

2 slices of ham is optional

Container to take home

Scones

250g strong white flour

40g softened butter

40g caster sugar

2 free-range eggs

2 tsp baking powder

125ml milk

Salt *

Granola bars

75g Butter

75g soft brown sugar

2 tbsp honey

175g oats

1 banana

25g dried apricots

25g sultanas

25g sunflower seeds

Please weigh up ingredients at home and bring
in a container to take them home in!

Rocky Road

70g Butter
175g Dark chocolate
2tbsp golden syrup
125g Digestive biscuits
30g Marshmallows
30g Raisins/Sultanas
30g Glace cherries

Pancakes

135g plain flour
1 tsp baking powder
½ tsp salt
2 tbsp caster sugar
130ml milk
1 large egg, lightly beaten
2 tbsp melted butter

Healthy Dips

Salsa

Guacamole

Salsa

Hummus

Fruit Kebabs

1 [bananas](#), cut into chunks

A Handful of strawberries, whole

1 [apples](#), cut into chunks

½ [pineapple](#), cut into chunks

Any variety of fruit is fine.