

# YEAR 7

# FOOD

# RECIPE BOOKLET

NAME: \_\_\_\_\_

FORM: \_\_\_\_\_



**You MUST bring an apron  
(You will need a plastic box and an ovenproof dish)**



**REMEMBER TO BRING AN APRON**

<b>YEAR 7 – FOOD MODULE</b>			
<b>Week</b>	<b>Practical</b>	<b>Theory</b>	<b>Homework</b>
1	Introduction and dates Cooker theory	Fruits/(vegetables) in the diet	Cooker sheet
2	Fruit salad	Plan pizza	Collect images of milk dishes
3	Pizza	8 rules for healthy eating	Picture board
4	Crumble	Milk	Research on milk
5	Burger	Hygiene & demonstrate burgers	Hygiene poster
6	Bread and butter pudding	Menu or taste testing (bread)	

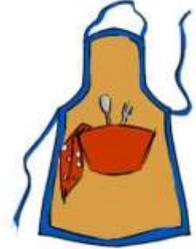


## KITCHEN SAFETY RULES

- Always wash your hands before and after handling food.



- Tie back long hair.



- Wear an apron and roll up your sleeves.



- Keep food preparation surfaces clean.

- Handle knives and other sharp equipment with care.



- When using a knife, always cut away from yourself or downwards on a chopping board to avoid cutting yourself.



- Turn handles of saucepans away from the front of the stove when cooking.



- Use oven mitts when taking hot dishes from the oven or microwave.



- Do not run around the room where food is being prepared.

- Wipe up food spills immediately.

- Store food appropriately in sealed containers. Always keep raw meat away from cooked meat at the bottom of the fridge.



- Wash kitchen and eating utensils after use in hot soapy water.

Featured micronutrient – Vitamin C (and fibre)

## **FRUIT SALAD**

**Skills used – fruit preparation**

Serve for breakfast, lunch or dinner. Serve as a starter or dessert. Rich in Vitamin C and fibre. Part of your 5 a day.

### **Bring from home:**

Apron, tea towel, named plastic box with a secure lid and a named carrier bag.

### **Ingredients:**

- a) A choice of fruits according to your design (about 5-7)
- NOTE - no prepared punnets of fruit eg. ready sliced melon
- large fruits eg. melon should be cut and part of the fruit brought to school eg. a quarter of a melon
  - one tin of fruit may be included eg. tin of pineapple or mandarins
  - try to choose a COLOURFUL group of fruits
  - most people bring an apple as one of their fruits
- b) Liquid
- Either 300ml of a fresh fruit juice of your choice eg. apple
- OR 500ml of yoghurt (large tub) – can be plain or flavour.

### **Equipment:**

Green chopping board, vegetable knife, tablespoon, (tin opener and peeler if needed).

### **Method:**

1. Self. Equipment.
2. Pour juice or spoon yogurt into your plastic container.
3. Prepare fruits and add to your container.
4. Stir and chill in fridge.
5. Clear table. Wash, dry and put away equipment. Wash and disinfect work surfaces.



Featured macronutrient – carbohydrate (starch) in base and micronutrient – calcium in the cheese

## **PIZZA**

### **Skills used – vegetable preparation**

Try to make it colourful and healthy by adding extra vegetables (part of your 5 a day).

#### **Bring from home:**

Apron, tea towel.

To carry home: either a baking tray with a large piece of foil or a large box with a piece of foil.  
Named carrier bag.

#### **Ingredients:**

- a) Base:                   1 part baked ciabatta loaf  
    or                       1 ready-made pizza base  
    or                       1 ready-made pre-rolled dough sheet
  
- Moist layer:       tomato puree or passata or pesto (1-2 tablespoons)
  
- b) Cheese:             50g–100g (fresh mozzarella or ready grated, or cheddar or own choice of cheese).
  
- c) Toppings:         optional (refer to your design ideas)

#### **Equipment:**

Vegetable knife, green board for vegetables, yellow board for cooked meats, white board for cheese, tablespoon (to spread puree), tin opener if needed, grater if needed.

#### **Method:**

1. Self. Equipment.
2. Open base or place on baking tray.
3. Spread base with tomato or pesto.
4. Cover with cheese.
5. Prepare and add toppings and herbs.
6. Bake in the oven for about 10 minutes until the cheese is melted. Meanwhile wash and tidy up.



Featured macronutrient – carbohydrate (sugar) in crumble and fruit

## **FRUIT CRUMBLE**

**(please try to weigh out the crumble topping ingredients at home)**

**Skills used – rubbing in**

Serve hot or cold. Serve with yogurt, cream, custard or crème fraiche.

### **Bring from home:**

Apron, tea towel.

OVENPROOF DISH (Pyrex, metal or earthenware). Don't forget!

Foil or lid to cover the dish.

Named carrier bag.

### **Ingredients:**

a) Fruit

Choices –

Fresh fruit – stew at home eg. plums or apples

OR tinned fruit – eg. apples, rhubarb or peaches

OR mix tinned fruits with fresh fruits such as tinned apples with fresh blueberries

Note: for a large dish use 2 tins of fruit

b) Homemade crumble topping

150g flour – plain is best (can be wholemeal)

75g sugar – caster is best

75g block butter or margarine (place in the fridge as soon as you get to school and make sure your name is on it)

### **Equipment:**

Mixing bowl, dinner knife, dessertspoon.

### **Method:**

1. Self. Equipment. Oven on 190°C.
2. Spoon your fruit into YOUR dish (drain away any juice eg. on rhubarb).
3. Place flour and sugar in mixing bowl.
4. Place butter in the mixing bowl and chop into pieces with the dinner knife (without holding the butter).
5. Rub the fat into the dry ingredients using your FINGERTIPS. It should resemble fine, white breadcrumbs. Stir in any optional ingredients used.
6. Shake the crumble topping over the fruit layer. Bake for 20-30 minutes until the topping is golden.
7. Meanwhile wash and tidy up.



Featured macronutrient – protein in meat/beans

## **BURGERS**

### **Skills used - shaping**

These contain no additives and contain healthy hidden vegetables. Grill or fry your burgers at home.

### **Bring from home:**

Apron, tea towel, named plastic box and a carrier bag.

### **Ingredients:**

a) Protein

Choose a minced meat eg. pork, turkey, beef or lamb (1 pack about 400g, but slightly more or slightly less is fine).

OR Vegetarian Bean Burgers

2 tins of beans eg. kidney beans, chick peas etc.

b) Flavourings

Choose any or all of the following:

1 clove of garlic – chop finely

Herbs: bunch of fresh herbs, eg. Coriander, Basil, Chives, Parsley  
or 1 teaspoon dried herbs

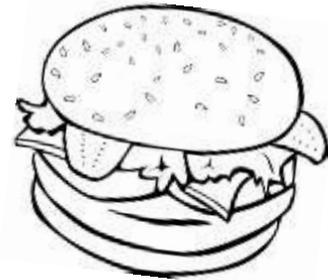
Spices: ½ teaspoon Cumin or Paprika

For heat – 1 chilli or 1 teaspoon chilli powder or flakes

c) Vegetables

Either 1 carrot or 1 courgette

d) Salt and pepper



### **Equipment:**

Mixing bowl, green board, vegetable knife, fork, grater, tablespoon, greaseproof paper.

### **Method:**

1. Put meat in mixing bowl.
2. Grate vegetables and add to meat.
3. Add any other optional ingredients and using a fork, mix until all are thoroughly combined (homogenised).
4. Flatten the mixture down and cut into 4 portions. Sprinkle greaseproof paper with flour in your box.
5. Using your hands, shape each quarter into a ball, then flatten to a burger shape.
6. Place in your box and place in the chiller.
7. Wash and tidy up. Use disinfectant.

**At home:** grill or fry on each side for about 5 minutes until thoroughly cooked.

### **Vegetarian Burgers**

1. Grate vegetables.
2. Open and drain beans.
3. Ask your teacher for a food processor. Place all ingredients in the bowl. Process to make a soft mixture.
4. Divide into 4 equal pieces. Shape into balls, then flatten to make burgers. Place in your box then chill.

Featured micronutrient – calcium (a mineral) in milk and macronutrient protein in egg

## **BREAD AND BUTTER PUDDING**

### Skills used – making a custard

A cheap, traditional pudding. Rich in calcium and protein for healthy bones and teeth. Can be eaten hot or cold. Usually served with cream, custard or ice cream.

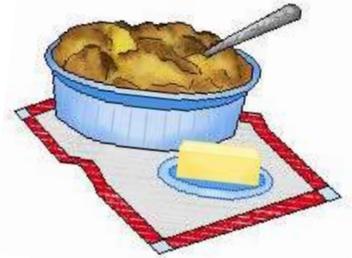
**Bring from home:**

Apron, tea towel.

OVENPROOF DISH (pyrex, metal or earthenware).

Foil or lid to cover the dish.

Named carrier bag.



**Ingredients: CHOOSE ONE VERSION -**

Traditional	Healthy Eating	Chocolate
4-6 slices of white bread	4-6 slices of (wholemeal) bread	4-6 slices of white bread
50g soft butter	No fat or 50g p.u. margarine	50g soft butter
2-3 eggs	2 eggs	2-3 eggs
200-250ml milk or single cream	200-250ml skimmed milk	200-250ml milk or single cream
2-3 tablespoons sugar	2 tablespoons sugar	1 tablespoon cocoa
50g dried fruit eg. sultanas or raisins	50-75g dried fruit	2-3 tablespoons sugar
Optional - ½ teaspoon vanilla essence	Optional - ½ teaspoon vanilla essence	Optional - ½ teaspoon vanilla essence
¼ teaspoon grated nutmeg	¼ teaspoon grated nutmeg or cinnamon	¼ teaspoon grated nutmeg or cinnamon
2 teaspoons sugar for the top		50g chocolate chips
		2 teaspoons sugar for the top

**Equipment:**

White chopping board, dinner knife, jug, fork, sieve.

**Method:**

1. Self. Equipment. Oven on 180°C.
2. Crack eggs into jug. Beat with a fork. Add sugar and beat with a fork. Add milk/cream and beat with a fork. (Add cocoa if used and beat with a fork. This makes a custard).
3. Pour the custard through the sieve into your ovenproof dish.
4. Butter (if used) a slice of bread and cut into quarters (make triangles or squares). Put each piece (as you cut it) into the custard liquid. Squash down with your fork. Sprinkle in dried fruit or chocolate chips. Add enough bread to fill the dish. Make sure the bread soaks up the custard liquid. Sprinkle with nutmeg or cinnamon/sugar.
5. Bake in the oven for 15-20 minutes or until golden. When shaken gently the pudding should be firm. Meanwhile wash and tidy up.
6. Cover pudding with foil.



## Homework Help Page

Each Homework is Explained Here



1. **Complete Cooker work (or fruit salad design)**
2. **Collect images of dishes made using milk. These can be sweet and savoury dishes.**  
Make sure your classwork is completed.
3. **8 Rules for Healthy Eating**

**Base your meals on starchy carbohydrates.**

**Eat lots of fruit and vegetables.**

**Eat more fish – including a portion of oily fish.**

**Cut down on saturated fat and sugar.**

**Eat less salt – no more than 6g a day for adults.**

**Get active and be a healthy weight.**

**Don't get thirsty.**

**Don't skip breakfast.**

Illustrate each rule (you may draw and colour in or use images). Add some extra information and to get a higher mark make your work more detailed.

4. **Research on Milk (use the internet if possible)**  
Stick on (or draw) your images from week 2 to make your work look attractive. Make sure you have completed your smoothie diagram.  
Research and complete the following:
  1. List the nutrients in milk.
  2. Name 5 main courses which include milk.
  3. Name 5 desserts which include milk.
  4. Name 3 types of fresh milk.
  5. Name 3 types of preserved milk.
5. **Hygiene Poster**  
Draw, colour and label an interesting and attractive poster about why hygiene is important in a kitchen. It should include words and images.



Name: \_\_\_\_\_

Form: \_\_\_\_\_

**RANKING TEST**  
**Food: BREADS**

Rank the samples ... first, second, third etc.  
When you add up the results the lowest score is the winner because it has the largest number of firsts.

**Introduction**

I tasted 4 samples of breads

The samples were labelled     because

\_\_\_\_\_

I had a drink of water because

\_\_\_\_\_

\_\_\_\_\_

I had to taste in silence because

\_\_\_\_\_

**My Results**

Sample	Ranking
<input type="checkbox"/>	
<input type="radio"/>	
<input type="triangle-up"/>	
<input type="star"/>	

The square was \_\_\_\_\_ bread

The circle was \_\_\_\_\_ bread

The triangle was \_\_\_\_\_ bread

The star was \_\_\_\_\_ bread

**My class's results**

Sample	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	TOTAL	
<input type="checkbox"/>																						
<input type="radio"/>																						
<input type="triangle-up"/>																						
<input type="star"/>																						

The class has ranked the 4 samples of bread.

The most popular was \_\_\_\_\_

The next was \_\_\_\_\_

The next was \_\_\_\_\_

The least popular was \_\_\_\_\_

**CONCLUSIONS**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_