

Ingredients/Equipment

Class 4

Please remember that High Risk ingredients (Cheese or meats etc.) must be stored in the fridge at the beginning of the school day.

Practical	What to Bring	Date
An introduction to GCSE Food and Nutrition		7 September
Meringues	Container with a lid	14 September
Individual dish	Ingredients for additional dish Container to transport home in	21 September
Pasta, potato or rice salad (carbohydrate based)	Additions for the salad e.g. tuna, sweetcorn, peppers, peas etc Container with a lid	28 September
Meat and vegetable skewers (Protein based)	Chicken or beef 1 pepper 1 onion Container with a lid	5 October
Stir fry (Fat based)	Meat e.g. chicken Stir fry vegetables e.g. peppers, carrots, mange tout, baby corn Container with a lid	12 October
Stuffed vegetables (vegetable based)	Pepper Small onion Container with a lid	19 October
Sweet or savoury scones (Rubbing in method)	Container with a lid 50g Dried fruit or cheese	2 November
Fruit upside down cake (Creaming method)	Tinned pineapple or similar Container with a lid	9 November

Fruit crumble (Rubbing in method)	400g cooking apples or rhubarb Oven proof dish Foil to cover	16 November
Cookies (All in one method)	Chocolate chips Container with a lid	23 November
Swiss roll (Whisking method)	Small pot of cream or jam Foil to wrap in to transport home	30 November
Individual Dish	Ingredients as required Container with a lid	7 December
Fishcakes	Tin of tuna 1 potato Container with a lid	14 December
Burger and bun (Bread skill)	100g minced beef 1 onion Container with a lid	4 January
Pizza or calzone (Bread skill)	50g cheese Additional toppings e.g. ham Foil to wrap in to transport home	11 January
Individual dish (Balanced meal dish)	Ingredients as required Container with a lid	18 January
Fajitas (Sensory activity)	Chicken 1 pepper 1 onion Container with a lid	25 January
Savoury turnovers (Shortcrust pastry)	Ham 50g cheese Container with a lid	1 February

Sausage or vegetable rolls (Rough puff pastry)	200g sausage meat Container with a lid	8 February
Mini lemon tarts (Shortcrust pastry)	2 lemons Container with a lid	22 February
Bread making (Flour experiment)	Container with a lid	1 March
Flour experiment write up		8 March
Iced buns (Gluten formation)	Container with a lid	15 March
Cake making (Sugar experiment)	Container with a lid	22 March
Sugar experiment write up		12 April
Theory		19 April
Theory		26 April
Cake making (Raising agent experiment)	Container with a lid	3 May
Raising agent write up		10 May
Cauliflower cheese or macaroni cheese (Thickening of a sauce –gelatinisation)	100g cheese Macaroni or a cauliflower or piece of broccoli	17 May
Quiche (Coagulation)	Small amount of vegetables for filling e.g. mushrooms, peppers, onion Container with a lid	24 May

Individual dish (Coeliac disease)	Ingredients as required Container with a lid	7 June
Individual dish (Calorie management)	Ingredients as required Container with a lid	14 June
Theory		21 June
Individual dish (Vegetarian/vegan)	Ingredients as required Container with a lid	28 June
Individual dish (Sporty teenager)	Ingredients as required Container with a lid	5 July
Theory		12 July