

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	Week commencing
An introduction to GCSE Food and Nutrition		6 September
Meringues	Container with a lid	13 September
Individual dish	Ingredients for additional dish Container to transport home in	20 September
Pasta, potato or rice salad (carbohydrate based) and dressing	Additions for the salad e.g. tuna, sweetcorn, peppers, peas etc Container with a lid	27 September
Meat and vegetable skewers (Protein based) and flatbread	Chicken or beef 1 pepper 1 onion Container with a lid	4 October
Stir fry (Fat based) and noodles	Meat e.g. chicken Stir fry vegetables e.g. peppers, carrots, mange tout, baby corn Container with a lid	11 October
Stuffed vegetables (vegetable based)	Pepper Small onion Container with a lid	18 October
Sweet or savoury scones (Rubbing in method)	Container with a lid 50g Dried fruit or cheese	1 November
Fruit upside down cake (Creaming method)	Tinned pineapple or similar Container with a lid	8 November



Fruit crumble (Rubbing in method)	400g cooking apples or rhubarb Oven proof dish Foil to cover	15 November
Cookies (All in one method) 2 ways	Chocolate chips Container with a lid	22 November
Swiss roll (Whisking method)	Small pot of cream or jam And a container with lid	29 November
Individual Dish	Ingredients as required Container with a lid	6 December
Fishcakes	Tin of tuna 1 potato Container with a lid	13 December
Burger and bun (Bread skill)	100g minced beef 1 onion Container with a lid	3 January
Pizza or calzone (Bread skill)	50g cheese Additional toppings e.g. ham Foil to wrap in to transport home	10 January
Individual dish (Balanced meal dish)	Ingredients as required Container with a lid	17 January
Fajitas (Sensory activity)	Chicken 1 pepper 1 onion Container with a lid	24 January
Savoury turnovers (Shortcrust pastry)	Ham 50g cheese Container with a lid	31 January

Sausage or vegetable rolls (Rough puff pastry)	200g sausage meat Container with a lid	7 February
Mini lemon tarts (Shortcrust pastry)	2 lemons Container with a lid	21 February
Bread making (Flour experiment)	Container with a lid	28 February
Gluten Free Bread	Gluten free flour and container with lid	7 March
Iced buns (Gluten formation)	Container with a lid	14 March
Cake making (Sugar experiment)	Container with a lid	21 March
Making small cakes. Best of test	Container with a lid	11 April
Raising agent experiment		18 April
Crunchie bar	Container with a lid	25 April
Retro Pudding – cornflake tart	Container with a lid	2 May
Retro pudding – bakewell tart	Container with a lid	9 May
Cauliflower cheese or macaroni cheese (Thickening of a sauce –gelatinisation)	100g cheese Macaroni or a cauliflower or piece of broccoli and container with a lid	16 May
Quiche (Coagulation)	Small amount of vegetables for filling e.g. mushrooms, peppers, onion Container with a lid	23 May



Individual dish (Coeliac disease) Gluten Free cake	Ingredients as required Container with a lid	6 June
Individual dish (Calorie management)	Ingredients as required Container with a lid	13 June
Plan your own dish	Ingredients as required and container with a lid	20 June
Individual dish (Vegetarian/vegan) Mini apple	Ingredients as required Container with a lid	27 June
Individual dish (Sporty teenager)	Ingredients as required Container with a lid	4 July
Decorated cakes	Ingredients as required and a container with a lid	11 July