

Food Preparation and Nutrition

Walton High School



Year 7 Module 1

Welcome to Food Preparation and Nutrition

In Food Technology you will be making a variety of products and will be looking into the nutritional aspect of the ingredients. As you work through Key Stage 3 (years 7-9) you will build up your skills and knowledge of food. We have tried to include as many practical activities as possible.

All of the recipes in this booklet can be completed within the time of the lesson, including the clearing up of the work area. The clearing up at the end of the lesson is an important part of your learning and you are constantly assessed by your teacher on your time management, hygiene and safety practices.

Your teacher will go through the recipes in time for your next practical lesson, so that you can organise your ingredients to bring into the lesson. To help there is also a list of dates below showing when each product will be made. Please note that these dates may have to change but we aim to give students at least a weeks notice for ingredients needed.

Participating within the practical lessons is compulsory. You may not make all of the recipe's during your Food module, however we have included some that you may wish to try at home. We have been mindful to keep the cost of the recipes within this booklet as low as possible.

In the department we encourage students to adapt recipes/ingredients to suit individual preferences. E.g. to be suitable for different diets and / or lower the cost further. Adaptations that can take place will be discussed within lessons.

We are a Nut Free department—we have made all of our recipes nut free, therefore please don't bring any nuts into the department. We ask that all parents, carers and guardians check through the recipe booklet and inform the school if there are any ingredients that your child may be allergic to.

For hygiene and safety reasons all students are expected to tie up long hair. Students are not allowed to wear nail varnish, nail décor, false eyelashes or jewellery in practical lessons.

We hope that you enjoy the course.

Miss E. Dixon

Recipe	Date
Moroccan Couscous	
Fruit Crumble	
French Bread Pizza	
Potato Salad	
Chicken Tikka	
Bolognaise	
Shortbread	
Cereal Bar	

Moroccan Couscous

Ingredients and Equipment:

- 125g couscous (not the giant type)
- 1 vegetable stock cube
- spring onions
- 1 red pepper
- 1 tomato
- OPTIONAL - Small bunch flat leaf parsley.
- OPTIONAL – handful of black olives chopped or 100g chopped dried apricots.
- Container to transport your dish home



Method:

- Collect equipment, organise work area.
- Place the couscous in a large bowl.
- Boil the kettle. Once water is boiled carefully measure 150ml of boiling water into a jug. Add a stock cube to the water and stir until it has dissolved.
- Pour the stock over the couscous. Add more boiling water if needed to make sure the water just covers the couscous. Leave for 10 minutes.
- Meanwhile chop the onions, pepper, tomato and parsley, and chop any optional ingredients.
- When the couscous has absorbed all of the water fluff it with a fork.
- Gently stir through the onions, pepper, tomato and parsley and any remaining ingredients.
- Wash up, tidy area and check equipment.

Fruit Crumble

Ingredients and Equipment:

- 150g plain flour
- 50g porridge oats
- 75g sugar
- 75g hard margarine
- 2 tins of pie filling or 500g stewed fruit
- Oven proof dish for your crumble
- Container to transport your crumble home in.



When re-heating, reheat in an oven proof dish at 180C / gas 6 until the centre is steaming hot all the way through. Can be microwaved in suitable container .

Method:

- Collect equipment, organise work area.
- Pre - heat oven 200C/Gas 6.
- Place flour into a large mixing bowl.
- Rub in margarine to resemble breadcrumbs.
- Stir in sugar and oats. Put to one side.
- Place fruit into oven proof dish.
- Cover fruit with crumble topping.
- Bake in the pre-heated oven for 20 minutes (approx.) until golden brown.
- Wash up, clean and check equipment.

French Bread Pizza

Ingredients and Equipment:

- 2 bread muffins or a small French stick
- 4 **TBSP** Tomato Puree or Pizza Sauce
- ½ **tsp** of mixed herbs
- 100g grated cheese
- 2 toppings of your own choice (e.g ham, mushroom, pineapple)
- Container to transport your dish home in.

Method:

- Pre-heat oven to 180C / gas mark 5.
- On a white chopping board slice the bread in half lengthways.
- Spread over the pizza sauce / tomato puree.
- Sprinkle with some herbs.
- Arrange your fillings onto the top and sprinkle with cheese.
- Place in the oven, until the cheese bubbles (take care not to allow your pizza to burn).
Approximately 5-10 mins.
- Wash up, clean and check equipment.



When re-heating, reheat in oven on an oven proof tray at 180C / Gas 5 for 10 minutes. Can be microwaved in suitable container.

Potato Salad

Ingredients and Equipment:

- 400g new potatoes
- **3 TBSP** mayonnaise / salad cream
- **2 TBSP** chopped chives (optional)
- 2 TBSP chopped gherkins (optional)
- 1/2 **tsp** salt (optional)
- Container to take your dish home in

Method:

- Scrub the potatoes and cut into even sized pieces.
- Place in saucepan and just cover with water.
- Add 1/2 level tsp salt (if using).
- Bring to boil, turn pan down and simmer for 10 minutes.
- Drain potatoes and place in mixing bowl.
- Add mayonnaise whilst still hot and stir in chives and gherkins if used.
- Wash up, clean and check equipment.



Chicken Tikka

Ingredients and Equipment:

- 175g Chicken breast
- 1 **TBSP** natural yoghurt
- 1 **TBSP** lemon juice
- 1 **tsp** tomato puree
- 1 clove garlic
- 1 **tsp** ground cumin
- ½ **tsp** turmeric
- ½ **tsp** ground ginger
- Container to transport your dish home in.



Method:

- Collect equipment, organise work area.
- Preheat oven to 200C/gas mark 6.
- Place the yoghurt, lemon juice and tomato puree into a large bowl. Crush the clove of garlic and also add to the bowl.
- Add the cumin, turmeric, and ground ginger. Mix well.
- Place the chicken on a RED chopping board. Cut into large chunks using a sharp knife.
- Add the chicken to the yogurt mixture, mix, and marinate for 5 minutes.
- Wash hands after handling raw meat. Wash all equipment that has touched raw meat in hot soapy water.
- Transfer the chicken pieces to a baking tray (with sides) and bake in the oven for 20 minutes or until cooked through.
- Clean down the work area. Wash up, clean and check equipment.
- *Reheat the chicken in oven at 180C / Gas 5 for 20 minutes or until piping hot in the centre. Can be microwaved.*

Bolognaise Sauce

Ingredients and Equipment:

- 1 large clove of garlic
- 1 Onion
- 500g Minced Beef or Quorn mince
- 400g can chopped tomatoes
- **1 tsp** dried oregano
- beef stock cube
- **1 TBSP** Tomato Puree
- 1 extra vegetable e.g. mushrooms, peppers
- Airtight container to transport your dish home



Method:

- Collect equipment, organise work area.
- Using a white chopping board chop the onion, and extra vegetable. Crush the garlic.
- Using a saucepan, brown the mince and onion, and then drain off any extra fat using a colander.
- Add the extra vegetable and garlic and cook for 2 minutes more.
- Add the tomatoes, tomato puree, stock cube and dried oregano.
- Bring to the boil, turn down the heat and leave to simmer for 10-15 minutes.
- Place in container to take home. Serve with cooked spaghetti, or pasta.
- Wash up, clean and check equipment.

- *Reheat the mince in the oven at 180C / Gas 5 for 20 minutes or until piping hot in the centre. Can be microwaved.*

Shortbread

Ingredients and Equipment:

- 100g butter
- 50g caster sugar
- 150g self raising flour
- Extra caster sugar for dusting
- 50g of flavourings of your choice (dried fruits, chocolate etc)
- 20cm tin to bake your shortbread in
- Tinfoil to cover your product and transport it home.



Method:

- Collect equipment, Organise work area.
- Pre-heat oven to 160C/gas mark 4.
- Put the flour in a mixing bowl and place the butter on top in small pieces.
- Rub the butter into the flour using fingertips until it resembles breadcrumbs.
- Stir in the sugar and the flavouring of your choice.
- Transfer the mixture to the tin, and using a palette knife or the back of a spoon, press down and make the top as smooth as possible.
- Mark the top of the shortbread into 8 triangles with a sharp knife. Do not cut all the way through.
- Using a thumb or the back of a spoon mark a pattern round the edge of the shortbread, and prick each triangle with a fork.
- Place in the hot oven for 15/20 minutes or until lightly golden.
- Dust with extra sugar and slice into triangles whilst still warm.
- Wash up, clean and check equipment.

Cereal Bars

Ingredients and Equipment:

- 2 level tbsp of golden syrup
- 50g sugar
- 150g porridge oats
- 70g margarine
- 75g of topping of your choice, such as dried fruit
- 20cm tin to bake your cereal bars in
- Tinfoil to cover and transport home your cereal bars.



Method:

- Collect equipment, organise work area.
- Pre-heat oven 180C/Gas 5.
- Put margarine, syrup and sugar into a large saucepan.
- Stir over a low heat with a wooden spoon until the margarine has melted (CARE MUST BE TAKEN)
- Remove from the heat and add oats – mix thoroughly.
- Mix in any additional flavourings (cherries/apricots)
- Turn mixture into tin and cook 180C/Gas 5 for 15 - 20 minutes until golden brown.
- Leave to cool in the tin for 5 minutes, then cut into portions. Place onto a wire cooling tray.
- Wash up, clean and check equipment.