

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
Lemon Drizzle Cake	
Cheese and Potato Bake	
Macaroni Cheese	
Chicken Stir Fry	
Scones	
Artisan Bread Rolls	
Pizza	
Muffins	

Lemon Drizzle Cake

Ingredients and Equipment:

- 75g soft baking margarine
- 75g caster sugar
- 125g self raising flour
- 1 egg
- 1 **tsp** baking powder
- 3 **tbsp** of milk
- Finely grated rind of lemon
- 75g granulated sugar for the topping
- Juice of 1 lemon for the topping
- 18cm/ 7 inch lined cake tin
- Container or foil to transport your cake home



Method:

- Collect equipment, organise work area.
- Pre heat oven 180C/gas 5.
- Place softened margarine, sugar, flour, baking powder into a mixing bowl.
- Crack an egg into a jug and place shell in the bin. Check the eggs freshness before adding it to the mixture.
- Grate the rind of the lemon and add to the mixture. Keep the lemon for later. Beat with a wooden spoon for 2 – 3 minutes until smooth. Add milk if needed.
- Spoon mixture evenly into a lined tin and level with the back of a spoon.
- Bake for 25—30 minutes or until the cake is golden brown and shows signs of shrinking from the sides of the tin. Press the cake gently, it should be slightly resistant to the pressure.
- Remove cake from oven.
- Mix together the granulated sugar and the lemon juice.
- Drizzle the topping over the surface of the hot cake.
- Leave the cake in the tin to cool.
- Wash up, clean and check equipment.

Cheese and Potato Bake

Ingredients and Equipment:

- 200g grated cheese
- 1kg of potatoes
- 50g margarine
- 2 tbsp milk
- Pinch of black pepper
- Oven Proof Dish
- Foil or a container to transport your dish home.



Method:

- Collect equipment, organise work area
- Peel and chop potatoes into small pieces on a white chopping board.
- Place in a saucepan and cover with cold water. Bring to the boil.
- Simmer for 20 minutes approx.
- Grate cheese.
- Drain potatoes when cooked and place back into saucepan.
- Add margarine, milk and pepper—you may not need all of your milk and mash the potatoes.
- Add $\frac{3}{4}$ of the grated cheese and stir in.
- Place into your ovenproof dish.
- Sprinkle remaining cheese over the top.
- Wash up, clean and check equipment.

Macaroni Cheese

Ingredients and Equipment:

- 200g of macaroni or other small pasta shapes
- 100g grated cheese
- 25g margarine or butter
- 25g of plain flour
- 250ml of milk
- Black pepper or herbs
- An oven proof dish
- Sealable container or tinfoil to transport your dish home.

Method:

- Collect equipment and organise work area.
- Bring a large pan of water to boil, add the macaroni. Cook for 10/12 minutes until al dente.
- Grate the cheese.
- Once the macaroni is cooked use a colander to drain the boiling water away. Put to one side.
- Rinse out the saucepan and make the sauce—place the butter/margarine, flour and milk into the saucepan.
- Bring the sauce to simmer, whisking all of the time, until the sauce has thickened.
- Reduce from the heat and stir in the black pepper. Stir in three quarters (75g) of the grated cheese.
- Stir the drained macaroni into the cheese sauce.
- Pour into the ovenproof dish from home.
- Sprinkle over the remaining cheese.
- Wash up, clean and check equipment.



When re-heating, reheat in oven in an oven proof dish at 180C / Gas 5 for 10 minutes or until meat is piping hot. Can be microwaved in suitable container.

Chicken Stir Fry

Ingredients and Equipment:

- 2 chicken breasts
- 2 cloves of garlic
- 2cm of root ginger or dried ginger
- 1 **tbsp** of oil
- 2 vegetables of your choice (peppers, onions, baby sweetcorn etc)
- 2-4 **tbsp** of soy sauce
- Container to take your dish home in



Method:

- Collect equipment, organise work area.
- Prepare the vegetables on a white chopping board. Grate the ginger and crush the garlic.
- Slice the chicken into thin strips on a red chopping board.
- Place the oil, garlic, and ginger into a saucepan with the chicken. Cook for 5 minutes to brown the chicken.
- Add the vegetables and continue to cook until the chicken is fully cooked.
- Add the soy sauce and cook for further 2 minutes. Take off the heat.
- Wash up, clean and check equipment.
- This dish is good served with noodles or rice when reheated at home.
- *When re-heating, reheat in oven in an oven proof dish at 180C / Gas 5 for 10 minutes or until meat is piping hot. Can be microwaved in suitable container.*

Scones

Ingredients and Equipment:

- 200g self raising flour
- 50g margarine or butter
- 25g sugar
- 100ml milk
- 1 tsp baking powder
- 1 egg
- 25g dried fruits or cheese to flavour your scone. If making a savoury scone do not add any sugar to your recipe.
- Container to transport your scones home in.

Method:

- Collect equipment, organise work area.
- Pre - heat oven 220C/Gas 7.
- Sieve flour and baking powder into a large mixing bowl.
- Break the fat into pieces – rub into the flour until it looks like breadcrumbs.
- Stir in the sugar and any other ingredients.
- Mix the milk and egg together in a jug.
- Add the milk/egg mixture slowly (TAKE CARE – all the mixture may not be required), mix with a palette knife to make a soft dough.
- Put the dough onto a floured surface, press out to approx. 2cm thick. Cut the dough into rounds using a cutter.
- Place the scones onto the baking tray and brush the tops with milk.
- Bake in the oven at 220C/ gas mark 7 for twenty minutes.
- Clean your area and have your equipment checked.



Artisan Bread Rolls

Ingredients and Equipment:

- 300g strong white flour
- 1 tsp of salt
- 25g of margarine or butter
- 1 sachet of easy blend yeast
- 200ml water
- Flavourings of your choice (herbs, seeds, garlic, cheese etc)
- Container to transport your bread home in.



Method:

- Collect equipment, organise work area.
- Light oven 220C/Gas 8.
- Sieve the flour and salt and add flavourings into a large bowl.
- Rub in the fat.
- Stir in the yeast and enough water to make a firm dough (Take care adding the water DO NOT add too much).
- Knead until smooth and elastic.
- Shape bread rolls.
- Allow rolls to rise a little, bake in the oven 220C/Gas 8 for 12-15 minutes until golden brown.
- Place onto a wire cooling tray to cool.
- Wash up, clean and check equipment.

Pizza

Ingredients and Equipment:

- 300g strong white flour
- 1 tsp of salt
- 25g of margarine or butter
- 1 sachet of easy blend yeast
- 200ml water
- Flavourings of your choice (herbs, seeds, garlic, cheese etc)
- 4-5 tbsp of tomato puree
- 150g grated cheese
- 3 pizza toppings of your choice, pre chopped
- Pizza tray to cook your pizza on
- Container to transport your pizza home in.



Method:

- Collect equipment, organise work area.
- Light oven 220C/Gas 8.
- Make a pizza base using last weeks recipe. Use a rolling pin to help you.
- Spread the tomato puree onto the top of the dough.
- Arrange the toppings on top and sprinkle over with cheese and herbs
- Bake in the oven 220C/Gas 8 for 12-15 minutes until golden brown.
- Place onto a wire cooling tray to cool.
- Wash up, clean and check equipment.
- *Reheat in oven at 180C / Gas 5 for 10 minutes or until piping hot in the centre.*

Muffins

Ingredients and Equipment:

- 100g soft margarine
- 100g sugar
- 2 eggs
- 150g self raising flour
- 50 g of flavourings of your choice (no nuts)
- 12 muffin cases
- Container to transport your muffins home in.



Method:

- Collect equipment, organise work area.
- Pre - heat oven to 180C/ Gas Mark 5.
- Place margarine and sugar into a large mixing bowl, and cream together until soft and fluffy, using a wooden spoon.
- Beat eggs in a small bowl, and add to creamed mixture, a little at a time.
- Sieve flour into the mixture, and mix together to achieve a soft dropping consistency.
- Add flavourings and stir well.
- Spoon the mixture evenly into muffin cases, in muffin tins, and place in oven for 15-20 minutes or until golden and springy in texture.
- Place muffins on cooling rack.
- Wash up, clean and check equipment.