

Ingredients for Year 7 Food Technology

Week 2

Fruit salad

1 Apple or Pear
1 Tropical Fruit
1 Citrus Fruit
1 Other fruit of your choice
1 individual carton of fruit juice

Equipment

1 plastic box with lid.

Week 3

Rice/Pasta Salad

50g dry rice or pasta (any variety)
2 tablespoons of any salad dressing
25 - 50g of 3-4 of the following
tomato, sweetcorn, spring onions, cucumber mushroom, carrot, raisins, peppers.

Equipment

1 plastic box with lid

Week 4

Cous Cous Salad

100g cous cous
150 ml water
 $\frac{1}{2}$ vegetable stock cube

Equipment

Plastic box with lid

Choose 3 or 4 ingredients from

2 - 3 spring onions $\frac{1}{2}$ red, green or yellow pepper
 $\frac{1}{2}$ a red onion 4-5 sundried tomatoes
 $\frac{1}{4}$ cucumber Handful of parsley or basil
1 - 2 tomatoes 4 - 5 dried apricots
30g black or green olives without stones

Week 6

Ingredients for own designed salad.

Week 7

Rock Cakes

100g self raising flour
50g margarine
50g sugar
50g currants, sultanas, cherries or coconut
Pinch of salt
1 small egg

Equipment

1 box or tin to take cakes home

Week 8

Apple Crumble

Topping

100g flour
25g sugar
50g butter or margarine.

Filling

500g Cooking Apples
50 g sugar

Equipment

1 ovenproof dish

Please keep this sheet safe. Confirmation of ingredients will also be in planners. Please tell your teacher 2 days in advance if you cannot bring ingredients.