

# Ingredients for Year 7 Food Technology

**Week 1**  
Introduction  
To Health &  
Safety  
And the  
Design  
Process  
  
No Cooking

**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 Salad**  
50g dry rice (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**  
**Pasta Salad**  
50g 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 5** **Cous Cous Salad**  
100g cous cous  
150 ml water  
½ vegetable stock cube  
Choose 3 or 4 ingredients from  
2 - 3 spring onions  
½ red, green or yellow pepper  
½ a red onion  
4-5 sun dried tomatoes  
¼ cucumber  
Handful of parsley or basil  
1 - 2 tomatoes  
4 - 5 dried apricots  
30g black or green olives without stones  
  
**Equipment**  
Plastic box  
with lid

**Week 6**  
**Designing  
Salad**  
  
NO  
COOKING

**Week 7**  
**Ingredients for  
own designed  
salad.**  
  
These will be  
agreed in week  
6.  
  
**Equipment**  
Container to  
take salad home  
in

**Week 8**  
**Vegetable soup**  
1 onion  
1 carrot  
1 leek  
1 potato  
2 celery sticks  
25g flour  
1 veg Stock  
cube  
**Equipment**  
Container to  
take soup home  
in

**Week 9**  
**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 10**  
**Apple Crumble**  
**Topping**  
100g flour  
25g sugar  
50g butter or  
margarine.  
**Filling**  
500g Cooking  
Apples  
50 g sugar  
**Equipment**  
1 ovenproof dish

**Week 11**  
**Choc chip cookies**  
125g Plain Flour  
70g Soft butter  
1 egg  
50g Soft brown  
50g Caster sugar  
110g Chocolate  
chips  
50g Chopped  
Nuts (optional)  
**Equipment**  
1 Box with lid

**Week 12**  
**Shortbread**  
150g Plain  
flour  
½ or 2.5ml  
teaspoon salt  
50g caster  
sugar  
100g Butter  
**Equipment**  
1 Box with Lid

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 No cooking week 6