



# FOOD AND NUTRITION

## YEAR 7 RECIPE BOOKLET

Name:	
Form:	
Class:	
Teacher:	

### Practical Lesson Checklist

Do I have everything I need?



My ingredients –  
don't forget to  
bring straight to  
the fridge at  
school!



My airtight  
container



Hairband to  
tie up my hair  
with



No nail  
varnish or  
false nails

# RAINBOW WRAPS

DATE OF PRACTICAL:

## Students to bring

¼ Cucumber

1 Carrot

½ Pepper

2 large or 4 small Tortilla Wraps

OPTIONAL: 4 Cherry Tomatoes

## Provided by school

Houmous

Yogurt and Mint Dressing

1. Peel and grate the carrot
2. Deseed the pepper and slice into strips
3. Slice the cucumber into batons
4. OPTIONAL: Halve the cherry tomatoes
5. Spread houmous on each wrap, arrange the vegetables on top, then drizzle with yogurt and mint dressing.



# CHEESE SCONES

DATE OF PRACTICAL:

## Provided by school

¼ teaspoon Mustard Powder

## Students to bring

125g Self Raising Flour

25g Hard Margarine

65ml Milk

35g Grated Cheese



1. Preheat the oven to 200°C
2. Place flour in bowl and rub in the margarine.
3. Stir in the cheese and mustard powder.
4. **Gradually** add the milk to form a soft but not sticky dough (you should have some left for a glaze).
5. Knead lightly, and then roll or pat out to 2 cm thick.
6. Cut out rounds using a medium cutter.
7. Brush with a little milk.
8. Bake for 12-15 minutes until golden brown.

# PITTA BREAD

DATE OF PRACTICAL:

<b>Provided by school</b>
½ tsp Dried Yeast ¼ teaspoon Salt 1 tsp Oil 70ml Warm Water
<b>Students to bring</b>
110g Strong White Flour



1. Preheat the oven to its highest setting
2. Put your dry ingredients in the mixing bowl and mix
3. Make a well in the centre and add the oil and gradually add water and mix until you form a dough (you may not need all the water)
4. Tip out the dough and knead for 10 minutes
5. Divide your dough into 4 equal pieces and roll into balls
6. Use your rolling pin to roll out each piece into a 10cm disc, add to your lined baking tray
7. Flick a little water over the pitta bread, then place in the oven for approx 4-6 minutes until puffed and lightly browned around the edges

# CROQUE MONSIEUR

30g Hard Cheese, ie Cheddar,  
Edam, Gruyere

1 Tomato (OPTIONAL: another  
for garnish)

2 Slices of Bread or speciality  
bread of your choice such as  
Ciabatta, Bagel, Baguette,  
Focaccia etc.

1 Slice of Ham (or vegetarian  
alternative)



DATE OF PRACTICAL:

1. Grate the cheese on a chopping board and divide into 3 equal portions
2. Slice the tomato
3. Place the slices of bread on the chopping board
4. Lay the ham on one slice of bread
5. Arrange the tomato on the other slice of bread
6. Sprinkle one portion of cheese on to each slice of bread
7. Pre-heat the grill
8. Place the sandwich under the hot grill
9. When the cheese is bubbling hot, remove from the grill.
10. Press the two slices of bread together, and sprinkle the remaining cheese on top
11. Place under the grill until the cheese is melted and golden
12. Serve on a plate with optional garnish



# ROCK CAKES

DATE OF PRACTICAL:

200g Self Raising Flour

75g Hard Margarine

75g Caster Sugar

75g Dried Fruit ie sultanas,  
raisins, apricots etc



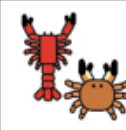











1 Egg

2 tbsp Milk

½ tsp Mixed Spice (provided by  
school)



1. Heat the oven to 200°C, line a baking tray.
2. Sieve flour into mixing bowl with mixed spice.
3. Rub in margarine.
4. Stir in sugar and dried fruit.
5. Beat the egg in a small bowl, add the milk and stir into the flour mix to form a stiff dough.
6. Divide into 8-10 rocks using two forks
7. Bake for 12-15 minutes until golden brown.
8. Cool on a wire rack

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts <sup>†</sup>	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
RAINBOW WRAPS		✓ Wheat					✓					✓ If shop bought humous	✓	
HOT CHOCOLATE							✓						✓	
CHEESE SCONES		✓ Wheat					✓		✓					
PITTA BREAD		✓ Wheat												
CROQUE MONSIEUR		✓ Wheat					✓							
ROCK BUNS		✓ Wheat		✓			✓							✓

Please let us know if you have any allergies, intolerances or other dietary needs

# 14 ALLERGENS

coming to a food label near you

Please let us know if you have any allergies relating to these 14 ingredients and please be mindful when bringing in any of these listed ingredients.



## Celery / Celeriac

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.



## Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



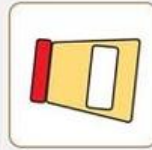
## Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



## Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



## Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



## Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



## Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



## Cereals Containing Gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



## Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



## Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



## Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



## Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



## Sesame Seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, hummous, sesame oil and tahini. They are sometimes toasted and used in salads.



## Sulphur Dioxide (Sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.