

Food and cookery Skills

Group 8X/fd

9 week rotation

Your child is studying food for the next 9 weeks. They will be required to bring in ingredients fortnightly in the red week and on Friday. The exact dates are in the table below. I have included what ingredients are needed; note that anything with a line through it will be available in school for students to use

They should make sure they weigh and measure at home where possible and bring ingredients in a named container

I have no problems with ingredients being swapped to suit families and individuals, suitable modifications will be discussed in class

Please email me if you have any problems. [esm@hartismere.com](mailto:esm@hartismere.com)

Date	Dish	Ingredients needed
10/5/24	Spaghetti Bolognese	1 onion 1 clove garlic 1 carrot <del>1 celery stick</del> <del>1 tablespoon oil</del> 250-400g lean minced beef 1 can chopped tomatoes(400g)1 tablespoon tomato puree 100ml water <del>1 teaspoon mixed herbs</del> <del>Black pepper</del> 150g spaghetti(optional)
24/5/24	Fish finger wrap	225g white fish fillet , skinned 45g cornflakes or crackers ½ lemon <del>1 teaspoon mixed herbs</del> 1 egg <del>2 tablespoons plain flour</del> One portion salad( lettuce, cucumber tomato etc) Tortilla wrap or similar to make a filled sandwich
14/6/24	“Veggie” chilli	1 red onion <del>1 celery stick</del> 1 red pepper 400g kidney beans 400g black beans 1 stock cube <del>1 tbsp oil</del> <del>1 tsp smoked paprika</del> <del>1 tsp ground cumin</del> <del>1 tsp ground chilli powder</del> 400g chopped tomatoes
28/6/24	Macaroni cheese	100g macaroni 100g cheddar cheese 25g butter or margarine 25g plain flour 250ml milk <del>Black pepper</del>

You will notice that some ingredients have a line through them. These ingredients are provided by school, so pupils do not need to purchase them but may use them.

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If this schedule changes I will speak to students in class and notify them through google classrooms.

Thank You

Mrs Smith