

Objective: Safely and accurately demonstrate good hygiene, use of a knife, including the bridge hold and claw grip



EQUIPMENT NEEDED (at school)

- ❖ Vegetable knife,
- ❖ Chopping board,

PRACTICAL SKILLS

- ❖ Knife skills (bridge Claw)
- ❖ Peeling
- ❖ Slice
- ❖ Section
- ❖ Mixing/Combine

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Carry knife carefully
- Keep your eye on the tip of the blade
- Concentrate on what you are doing
- Check work area and equipment is clean

Ingredients

250ml apple or orange juice (approximately 2 small cartons)

Choose any 5 fruits.

Ideas.....

- 1 Clementine or Satsuma
- 8 grapes
- 6 strawberries
- 8 raspberries
- 1 kiwi fruit
- 1 banana
- 1 apple
- 1 pear
- 1 plum

Don't forget.....

You will also need to bring in:
✓ A container to take it home

KEY

NUTRIENTS

Vitamin C
Carbohydrate
Fibre
Potassium

Fruit Fusion



Method

1. Pour fruit juice into your plastic container
2. Peel the Clementine or Satsuma and separate into segments.
3. Put into plastic container.
4. Cut the grapes in half and remove any seeds.
5. Peel the kiwi fruit and slice.
6. Peel the banana and slice carefully.
7. Quarter the apple or pear, remove the core and slice.
8. Stir to mix fruit.
9. Label your box
10. Store in the fridge to keep it fresh!
11. Wash equipment and show it to the teacher to be checked, then put it away.

Top tips:

- Be creative and experiment with other fruits, such as blackberries, apricots, raspberries, peaches, nectarines, plums or pears
- Serve with cream, yoghurt, ice-cream

Storage: this will be at its best for up to 3 days in an airtight container. Keep in a cool place.

Objective: Safely and accurately demonstrate good hygiene, use of a knife, including the bridge hold and claw grip. Understand how to use different parts of the cooker - grill



EQUIPMENT NEEDED (at school)

- ❖ Vegetable knife,
- ❖ Chopping board,
- ❖ Grater

PRACTICAL SKILLS

- ❖ Knife skills (bridge Claw)
- ❖ Peeling
- ❖ Slice
- ❖ Layering
- ❖ Grating

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Carry knife carefully
- Keep your eye on the tip of the blade
- Use oven gloves
- Check work area and equipment is clean

Outcome: Successfully make Croque Monsieur

Ingredients

1 bread bun or 2 slices of bread of your choice
1 slice of ham or other cooked meats of choice
1 tomato or other fruits/vegetables of choice
30g cheese, e.g. Cheddar, Edam, Gruyere

Other things you could use/add:

Slice of onion
Herbs
Pepper

Don't forget.....

You will also need to bring in:

- ✓ A container to take it home

KEY

NUTRIENTS

Vitamin C
Carbohydrate
Fibre
Fat
Potassium

Croque Monsieur



Method

1. Preheat the grill.
2. Grate the cheese on a chopping board – divide into 3.
3. Slice the tomato.
4. Place one slice of bread on the chopping board, and top with one portion of cheese.
5. Lay the ham slice over the cheese.
6. Place the tomato slices over the ham.
7. Sprinkle another portion of cheese over the tomato.
8. Firmly press the other slice of bread on top.
9. Place the 'sandwich' under the hot grill.
10. When the 'sandwich' is golden brown, remove from the grill.
11. Turn the 'sandwich' over and sprinkle the remaining cheese on top.
12. Place under the grill until the cheese is melted and golden.

Top tips:

- ❑ Be creative and experiment with other breads and fillings

Storage: this will product will need to be consumed on the same day

Apple & Sultana Crumble

Objective: Safely and accurately demonstrate good hygiene, use of a knife, including the bridge hold and claw grip. Understand how to use different parts of the cooker – oven and the rubbing in method



EQUIPMENT NEEDED (at school)

- ❖ Vegetable knife,
- ❖ Chopping board,
- ❖ Mixing bowl

PRACTICAL SKILLS

- ❖ Knife skills (bridge Claw)
- ❖ Peeling
- ❖ Slice
- ❖ Layering

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Carry knife carefully
- Keep you eye on the tip of the blade
- Use oven gloves
- Check work area and equipment is clean

Ingredients

Crumble:

100g plain flour
50g butter
or margarine

no tub

margarine/butter

use block only

50g oats
25g sugar

Filling:

2 cooking apples + 2
tablespoon (tbsp) sugar
50g sultanas

Other things you could use/add:

Rhubarb + 2tbl sugar
Other fresh/dried fruit—
avoid strawberries due
to the high-water
content

Don't forget.....

You will also need to
bring in:

- ✓ Oven proof dish
- ✓ A container to take
it home in

KEY NUTRIENTS

Vitamin C
Carbohydrate starch
and sugar
Fibre
Fat

Method

1. Preheat the oven to 190°C or gas mark 5.
2. Put the flour into a mixing bowl and add the butter or margarine.
3. Use fingertips to rub in until the mixture looks like breadcrumbs.
4. Stir in the oats and sugar.
5. Cut the apples into quarters and remove the core. Slice thinly.
6. Arrange the apple slices in the oven-proof dish and then add the sultanas.
7. Sprinkle the crumble topping over the apple slices.
8. Bake for 25-30 minutes, until the apple is soft, and the crumble is golden.

Top tips:

- Add a little water to the apples
- Be creative and experiment with other fruits, such as blackberries, apricots, raspberries, peaches, nectarines, plumbs or pears
- Try using wholemeal flour for the crumble topping or use muesli instead of oats.

Outcome: Successfully make Crumble

Storage/reheating: this will be at its best for up to 3 days in an airtight container. Reheat until the centre is piping hot and warmed all the way through (75 degrees)

Objective: Understand how to use different parts of the cooker – hob and the melting method



EQUIPMENT NEEDED (at school)

- ❖ White plastic spoon
- ❖ Sauce pan
- ❖ Tin and grease proof paper

PRACTICAL SKILLS

- ❖ Melting
- ❖ Measuring
- ❖ Mixing
- ❖ Temperature control

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Use oven gloves
- Use plastic spoon to stir
- Check work area and equipment is clean

Outcome: Successfully make Fruity flapjack

Ingredients

75g dried apricots or sultanas/other dried fruit
100g butter/margarine—**no tub use block only**
75g sugar
1 tablespoon syrup
200g rolled oats

Other things you could use/add:

Other dried/fresh fruit
—avoid fresh strawberries due to the high-water content
Grated carrot

Don't forget.....

You will also need to bring in:
✓ A container to take it home

KEY NUTRIENTS

Carbohydrate starch and sugar
Fibre
Fat

To be enjoyed as part of a healthy lifestyle as an occasional treat

Storage: this will be at its best for up to 5 days in an airtight container

Fruity Flapjack



Method

1. Preheat oven to 180°C / gas mark 4.
2. Chop the apricots into small pieces.
3. Put the margarine, sugar and syrup into a saucepan and melt over a gentle heat until the margarine has melted.
4. Once the sugar is dissolved, turn off the heat and put the pan on a pan stand.
5. Add the rolled oats and apricots or sultanas to the pan and stir very well.
6. Put the mixture into the tin and press down firmly – use the back of the tablespoon to do this.
7. Bake for 15-20 minutes until golden.
8. Remember to wait for the flapjack to cool before removing it from the tin and cutting it into slices.

Top tips:

- Vary the type of dried fruit used, e.g. sultanas, figs, mixed fruit.
- Add 1x15ml spoon cinnamon, ginger, or mixed spice to the oat mixture
- Go for grated fresh apple or carrot

Objective: Safely and accurately demonstrate good hygiene, use of a knife, including the bridge hold and claw grip. Revise the rubbing in method to make a dough. Prepare the toppings



EQUIPMENT NEEDED (at school)

- ❖ Mixing bowl
- ❖ Sharp knife
- ❖ Chopping board
- ❖ Grease proof paper
- ❖ Baking tray
- ❖ Grater

PRACTICAL SKILLS

- ❖ Knife skills (bridge Claw)
- ❖ Baking
- ❖ Grating
- ❖ Presenting
- ❖ Rubbing in method

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Use oven gloves
- Any dairy/meat is stored in the fridge
- Check work area and equipment is clean

Outcome: Successfully make pizza

Ingredients

Base

150g self-raising flour
25g margarine
50ml milk semi-skimmed
(available from school)

Topping

3 x 15ml spoons of tomato puree or a jar of pizza topping
50g cheese, e.g.,
Mozzarella (grated at home)

Choose any 5 toppings.

Ideas.....

- ✓ 2 mushrooms (sliced at home)
- ✓ 1 tomato (sliced at home)
- ✓ 25g sweet corn
- ✓ ½ pepper (sliced at home)
- ✓ Any cooked meats, e.g., ham, chicken, salami
- ✓ Pineapple
- ✓ onion

1 x 5ml spoon of dried herbs (available from school)

Don't forget.....

You will also need to bring in:

- ✓ A container to take it home

KEY NUTRIENTS

Protein
Carbohydrate
Fibre
Fat

Easy Pizza *(scone based)*



Method

1. Preheat the oven to 200°C or gas mark 6
2. Line a baking tray.
3. Put the flour and margarine into a large mixing bowl.
4. Rub the margarine into the flour until it resembles breadcrumbs.
5. Add the milk to the flour and mix together form a soft dough.
6. Flatten out the dough on a floured surface to form a large circle.
7. Transfer the dough to the baking tray.
8. Spread the tomato puree or pizza topping sauce over the dough.
9. Prepare the vegetables:
 - a) slice the mushrooms and tomato
 - b) remove the core from the pepper and slice into the thin strips.
10. Arrange the mushrooms, tomato, green pepper and sweetcorn over the base.
11. Grate or slice the cheese.
12. Place the pizza in the oven and bake for 10 – 15 minutes, until golden brown
13. Sprinkle or place the cheese and herbs over the top of the pizza

Top tips:

- Use different types of flour for the base such as wholemeal or maize
- Vary the toppings on the pizza
- Serve with salad

Storage/cooking: cook in a hot oven until hot all the way through (75 degrees) usually

Objective: Revise the rubbing in method to make a dough. Prepare dough to make even sized batch of nine rock buns



EQUIPMENT NEEDED (at school)

- ❖ Mixing bowl
- ❖ Grease proof paper
- ❖ Baking tray
- ❖ Fork
- ❖ tablespoon

PRACTICAL SKILLS

- ❖ Baking
- ❖ Dividing into equal portions
- ❖ Shaping
- ❖ Rubbing in method
- ❖ Identifying when baked

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Use oven gloves
- Check work area and equipment is clean

Outcome: Successfully make a batch of buns which are all the same size, with an even distribution of fruit.

Ingredients

200g self-raising flour
75g butter/margarine
no tub use block only
75g caster sugar
75g dried fruit of choice
1 egg

Other things you could use/add:

Other dried/fresh fruit
—avoid fresh strawberries due to the high-water content
Grated carrot

Don't forget.....

You will also need to bring in:

- ✓ A container to take it home

KEY NUTRIENTS

Carbohydrate starch and sugar
Fibre
Fat

Storage: This will be at its best for up to 4 days in an airtight container. These rock buns can be served cold or warmed up within a microwave for up to 30 seconds

Rock Buns



Method

1. Switch oven on to 200°C / gas mark 6.
 2. Put a piece of baking parchment on to a baking tray.
 3. Sieve flour in to a bowl, add the margarine and chop up with a knife in to small pieces.
 4. Use your fingertips to rub the margarine into the flour until the mixture resembles fine breadcrumbs.
 5. Add the sugar and dried fruit.
 6. Break the egg in to a small bowl and then add it to the mixture.
 7. Mix well with a fork to form a firm dough.
 8. Divide the mixture in to 9 evenly sized rough piles on the baking sheet.
- Bake for 10-15minutes until golden

Top tips:

- Use different types of flour for the base such as wholemeal or maize
- Try making a savoury version by omitting the sugar and substituting herbs, cheese or carrot
- You could experiment with different flavourings by adding herbs or spices

Objective: Safely and accurately demonstrate good hygiene, use of a knife, including the bridge hold and claw grip. Understand how to cook pasta al dente



EQUIPMENT NEEDED (at school)

- ❖ Sharp knife
- ❖ Chopping board
- ❖ Saucepan
- ❖ Colander

PRACTICAL SKILLS

- ❖ Knife skills (bridge & claw)
- ❖ Simmering
- ❖ Chopping
- ❖ Measuring
- ❖ Finishing
- ❖ Layering

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Any meat is stored in the fridge
- Turn pan handles to the side
- Check work area and equipment is clean

Outcome: Successfully make a layered pasta salad which is colourful and appetising.

Ingredients

100g pasta shapes—**avoid spaghetti**
1 carrot
100g cooked sliced chicken
1 baby gem lettuce
1 tomato
¼ cucumber
2 x 15ml spoons low fat dressing

Other things you could use/add:

Other fruit and vegetables —e.g. sliced/diced peppers
Anchovies
Cooked fish
Tinned fish e.g. tuna
Onion
Olives
Cheese – fetta/cheddar
Use pesto
Salad cream/mayonnaise

Don't forget.....

You will also need to bring in:

- ✓ A container to take it home

KEY NUTRIENTS

Carbohydrate starch and sugar
Fibre
Protein

Storage: Store in the fridge until ready to eat.

Layered Pasta Salad

Method

1. Bring a small saucepan of water to the boil, and then add the pasta. Simmer for about 8-10 minutes (check the packet instructions).
2. While the pasta is cooking, prepare the other ingredients:
 - a) shred the lettuce;
 - b) slice the tomato;
 - c) chop the cucumber into small chunks;
 - d) peel and grate the carrot.
3. Drain the boiling hot water away from the pasta into a colander in the sink.
4. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
5. Place the pasta in the serving dish and stir in 1x15ml spoon of dressing.
6. Assemble the remaining ingredients over the pasta in layers.
7. Lastly, drizzle over the remaining dressing.

Top tips:

- Use different types of pasta such as wholemeal or coloured
- Vary the fruits and vegetables
- Vary the dressings