

YEAR 7 FOOD INGREDIENTS

Fruit Salad

Date:.....

1 clementine or satsuma
6 red grapes
6 green grapes
2 apples
200ml (one small carton) orange juice

Container that can be sealed to take home in.

Apple Crumble

Date:.....

500g Cooking Apples
50g Sugar
100g Flour
50g Margarine or Butter

Small ovenproof dish with a lid or some foil to cover.

Investigation lesson

Date:.....

No practical ingredients needed.

Oat Crunchie Biscuits

Date:.....

75g SR wholemeal flour
50g Rolled oats
75g Soft light brown sugar
Pinch of salt*
50g Margarine
1 tsp Golden Syrup
1 tbsp Milk
Extra flour for rolling

Container to take home in.

Naan Bread

Date:.....

200g Self Raising Flour
1tsp salt*
200g natural yoghurt
1 tbsp oil
1 sachet fast action yeast
1 clove of garlic (optional)
Extra flour for kneading.

A container to take home in.

*** Can be provided by school if they are not in the cupboard at home.**