

## **YEAR 7 FOOD INGREDIENTS**

### **Fruit Salad**

Date:.....

2 clementine or satsuma  
12 grapes  
2 apples  
200ml (one small carton) pure 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 flour (wholemeal if possible)  
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.**