

# Half Term 5 – Food and Nutrition Ingredients

## Year 7 – Practical 1 – Sweet or Savoury Scones

<b>7RO1</b>	Wednesday 11 <sup>th</sup> May	<b>7YG1</b>	Wednesday 11 <sup>th</sup> May	<b>7NB1</b>	Thursday 12 <sup>th</sup> May	<b>7IV1</b>	Wednesday 18 <sup>th</sup> May
<b>7RO2</b>	Thursday 19 <sup>th</sup> May	<b>7YG2</b>	Thursday 19 <sup>th</sup> May	<b>7NB2</b>	Wednesday 11 <sup>th</sup> May	<b>7IV2</b>	Thursday 19 <sup>th</sup> May
<b>7RO3</b>	Wednesday 18 <sup>th</sup> May	<b>7YG3</b>	Thursday 12 <sup>th</sup> May	<b>7NB3</b>	Wednesday 18 <sup>th</sup> May	<b>7IV3</b>	Thursday 12 <sup>th</sup> May

### Ingredients

- 175g self raising flour
- ½ teaspoon baking powder
- 40g butter
- 2 tablespoons caster sugar
- 130ml milk
- Vanilla extract

Container to carry home



# Half Term 6 – Food and Nutrition Ingredients

## Year 7 – Practical 1 – Marble Cake

<b>7RO1</b>	Wednesday 15 <sup>th</sup> June	<b>7YG1</b>	Wednesday 15 <sup>th</sup> June	<b>7NB1</b>	Thursday 16 <sup>th</sup> June	<b>7IV1</b>	Wednesday 22 <sup>nd</sup> June
<b>7RO2</b>	Thursday 23 <sup>rd</sup> June	<b>7YG2</b>	Thursday 23 <sup>rd</sup> June	<b>7NB2</b>	Wednesday 15 <sup>th</sup> June	<b>7IV2</b>	Thursday 23 <sup>rd</sup> June
<b>7RO3</b>	Wednesday 22 <sup>nd</sup> June	<b>7YG3</b>	Thursday 16 <sup>th</sup> June	<b>7NB3</b>	Wednesday 22 <sup>nd</sup> June	<b>7IV3</b>	Thursday 16 <sup>th</sup> June

### Ingredients

- 70g self raising flour
- 70g softened butter or margarine
- 70g caster sugar
- X2 medium eggs or x1 large egg
- 25g cocoa powder
- Vanilla extract

A baking tin and lid will be provided for students.



# Half Term 6 – Food and Nutrition Ingredients

## Year 7 – Practical 2 – Cheese Swirls

<b>7RO1</b>	Wednesday 29 <sup>th</sup> June
<b>7RO2</b>	Thursday 7 <sup>th</sup> July
<b>7RO3</b>	Wednesday 6 <sup>th</sup> July

<b>7YG1</b>	Wednesday 29 <sup>th</sup> June
<b>7YG2</b>	Thursday 7 <sup>th</sup> July
<b>7YG3</b>	Thursday 30 <sup>th</sup> June

<b>7NB1</b>	Thursday 30 <sup>th</sup> June
<b>7NB2</b>	Wednesday 29 <sup>th</sup> June
<b>7NB3</b>	Wednesday 6 <sup>th</sup> July

<b>7IV1</b>	Wednesday 6 <sup>th</sup> July
<b>7IV2</b>	Thursday 7 <sup>th</sup> July
<b>7IV3</b>	Thursday 30 <sup>th</sup> June

### Ingredients

- X1 pack ready rolled pastry
- 100g grated cheese
- X1 egg
- 50g optional additional filling e.g tomato puree, spinach etc

Container to bring home cheese swirls

