

# Year 7 Food Technology Practical Ingredients

All ingredients should be weighed and measured at home before the lesson

## Flap Jack

**Date:** Week commencing 29/11/2021

For the specific date required please ask your child to check their Food Technology group on Microsoft Teams

### Ingredients:

- 150g plain porridge oats
- 50g butter or margarine
- 50g brown sugar
- Golden syrup – this does not need to be measured
- 50g of optional extras e.g chocolate chips or dried fruit.

## Christmas Yule Log

**Date:** Week commencing 06/12/2021 or 13/12/2021

For the specific date required please ask your child to check their Food Technology group on Microsoft Teams

### Ingredients:

- 1 cake board / large cake tin / large container
- 1 ready made swiss roll
- 150g icing sugar
- 75g butter or margarine
- 50g Cocoa powder
- Cake decorations

