

Half Term 5 – Food and Nutrition Ingredients

Year 8 – Practical 1 – Sweet and Sour Chicken

8RO1	Thursday 19 th May	8YG1	Tuesday 10 th May	8BV1	Monday 16 th May
8RO2	Wednesday 11 th May	8YG2	Thursday 12 th May	8BV2	Friday 20 th May
8RO3	Wednesday 18 th May	8YG3	Wednesday 18 th May	8BV3	Monday 9 th May

Ingredients

- 1 small can of pineapple chucks (around 230/250g)
- X2 small or x1 large chicken breast chopped into small pieces at home
- ½ tablespoon ground ginger
- 2 tablespoons clear honey
- 1 tablespoon tomato puree
- 1 teaspoon garlic (powder, granules etc)
- 1 onion
- 2 tablespoons flour

Container to carry home



Half Term 6 – Food and Nutrition Ingredients

Year 8 – Practical 1 – Jammy Biscuits

8RO1	Thursday 23 rd June	8YG1	Tuesday 14 th June	8BV1	Monday 20 th June
8RO2	Wednesday 15 th June	8YG2	Thursday 16 th June	8BV2	Friday 24 th June
8RO3	Wednesday 22 nd June	8YG3	Wednesday 22 nd June	8BV3	Monday 13 th June

Ingredients

- 200g self raising flour
- 100g caster sugar
- 100g butter
- 1 egg
- 5 tablespoons of jam/spread of choice

Container to bring home



Half Term 6 – Food and Nutrition Ingredients

Year 8 – Practical 2 – Cheesecake

8RO1	Thursday 7 th July	8YG1	Tuesday 28 th June	8BV1	Monday 4 th July
8RO2	Wednesday 29 th June	8YG2	Thursday 30 th June	8BV2	Friday 8 th July
8RO3	Wednesday 6 th July	8YG3	Wednesday 6 th July	8BV3	Monday 13 th June

Ingredients

- 150g biscuits crushed at home
- 50g butter
- 200g full fat soft cheese
- 75g icing sugar
- 150ml double cream
- Optional – Strawberries to decorate

A tin will be provided for students

