

Ingredients/Equipment

Class 4

Please remember that High Risk ingredients(Cheese or meats etc.)
must be stored in the fridge at the beginning of the school day.

Practical	What to Bring	Date
An introduction to GCSE Food and Nutrition		6 December
Meringues	Container with a lid	13 September
Individual dish	Ingredients for additional dish Container to transport home in	20 September
Pasta, potato or rice salad (carbohydrate based)	Additions for the salad e.g. tuna and sweetcorn Container with a lid	27 September
Meat and vegetable skewers (Protein based)	Chicken or beef 1 pepper 1 onion Container with a lid	4 October
Stir fry (Fat based)	Meat e.g. chicken Stir fry vegetables e.g. peppers, carrots, mange tout, baby corn Container with a lid	11 October
Stuffed vegetables (vegetable based)	Pepper Container with a lid	18 October
Sweet or savoury scones (Rubbing in method)	Container with a lid	1 November
Fruit upside down cake (Creaming method)	Tinned pineapple or similar Container with a lid	8 November



Fruit crumble (Rubbing in method)	400g cooking apples or rhubarb Oven proof dish Foil to cover	15 November
Cookies (All in one method)	Chocolate chips Container with a lid	22 November
Swiss roll (Whisking method)	Small pot of cream or jam Foil to wrap in to transport home	29 November
Individual Dish	Ingredients as required Container with a lid	6 December
Fishcakes	Tin of tuna 1 potato Container with a lid	13 December
Theory		20 December
Burger and bun (Bread skill)	100g minced beef 1 onion Container with a lid	10 January
Pizza or calzone (Bread skill)	50g cheese Additional toppings e.g. ham Foil to wrap in to transport home	17 January
Individual dish (Balanced meal dish)	Ingredients as required Container with a lid	24 January
Fajitas (Sensory activity)	Chicken 1 pepper 1 onion Container with a lid	31 January

Savoury turnovers (Shortcrust pastry)	Ham 50g cheese Container with a lid	7 February
Sausage or vegetable rolls (Rough puff pastry)	200g sausage meat Container with a lid	14 February
Mini lemon tarts (Shortcrust pastry)	2 lemons Container with a lid	28 February
Bread making (Flour experiment)	Container with a lid	7 March
Flour experiment write up		14 March
Iced buns (Gluten formation)	Container with a lid	21 March
Cake making (Sugar experiment)	Container with a lid	28 March
Sugar experiment write up		4 April
Theory		25 April
Theory		2 May
Cake making (Raising agent experiment)	Container with a lid	9 May
Raising agent write up		16 May
Cauliflower cheese or macaroni cheese (Thickening of a sauce –gelatinisation)	100g cheese Macaroni or a cauliflower or piece of broccoli	23 May



Quiche (Coagulation)	Small amount of vegetables for filling e.g. mushrooms, peppers, onion Container with a lid	6 June
Individual dish (Coeliac disease)	Ingredients as required Container with a lid	13 June
Individual dish (Calorie management)	Ingredients as required Container with a lid	20 June
Theory		27 June
Individual dish (Vegetarian/vegan)	Ingredients as required Container with a lid	4 July
Individual dish (Sporty teenager)	Ingredients as required Container with a lid	11 July
Theory		18 July