**Food and Nutrition Ingredients/Equipment**

**Class 4 Spring 2025**

Please remember that High Risk ingredients (Cheese or meats etc.) should be stored in the fridge at the beginning of the school day. Container should ideally be a 3l size to be able to fit most of the items we make and have the students name on it.

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| Practical | What to Bring | Date |
| Jam Tarts  Shortcrust Pastry | Jar of favourite jam or we can supply.  Container with a lid | Tue 7th Jan (A) |
| Burger in a bun | 100g mince beef  1 small onion  Container with a lid | Mon 13th Jan (B) |
| Pizza or Calzone | 50g Cheese and additional favourite toppings.  Container with a lid or foil | Tue 21st Jan (A) |
| Fajitas | Chicken breast  Onion  1 pepper  Container with a lid | Mon 27th Jan (B) |
| Savoury Turnover | Ham and/or onion  50g Cheese  Container with a lid | Tue 4th Feb (A) |
| Sausage Rolls  (Ruff Puff) | 200g Sausage meat or veg sausages.  Container with a lid | Mon 10th Feb (B) |
| HALF TERM | HALF TERM | HALF TERM |
| Cake making  (Sugar Experiment) | Container with a lid | Tue 25th Feb (A) |
| Mini Lemon Tarts | 2 lemons  Container with a lid | Mon 3rd March (B) |
| Bread Making  (Flour experiment) | Container with a lid | Tue 11th March (A) |

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| Gluten Free bread | Container with a lid | Mon 17th March (B) |
| Individual dish | Ingredients for individual dish as planned in previous lesson  Container to transport home in | Tue 24th March (A) |
| Hot X Buns | Container with Lid | Mon 31st March (B) |
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