**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 TartsShortcrust Pastry  | Jar of favourite jam or we can supply.  Container with a lid  | Tue 7th Jan (A)   |
|  Burger in a bun  | 100g mince beef1 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 breastOnion1 pepperContainer with a lid   |   Mon 27th Jan (B) |
| Savoury Turnover | Ham and/or onion50g CheeseContainer 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 lemonsContainer 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 lessonContainer to transport home in  |  Tue 24th March (A) |
| Hot X Buns | Container with Lid | Mon 31st March (B) |
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