

Practical 1 Week 1 Option (a):

Pasta Salad Shopping list

Date of Practical:

100g pasta shapes

1 carrot

1 pepper

100g cooked sliced chicken/cooked bacon/ham/tuna/quorn

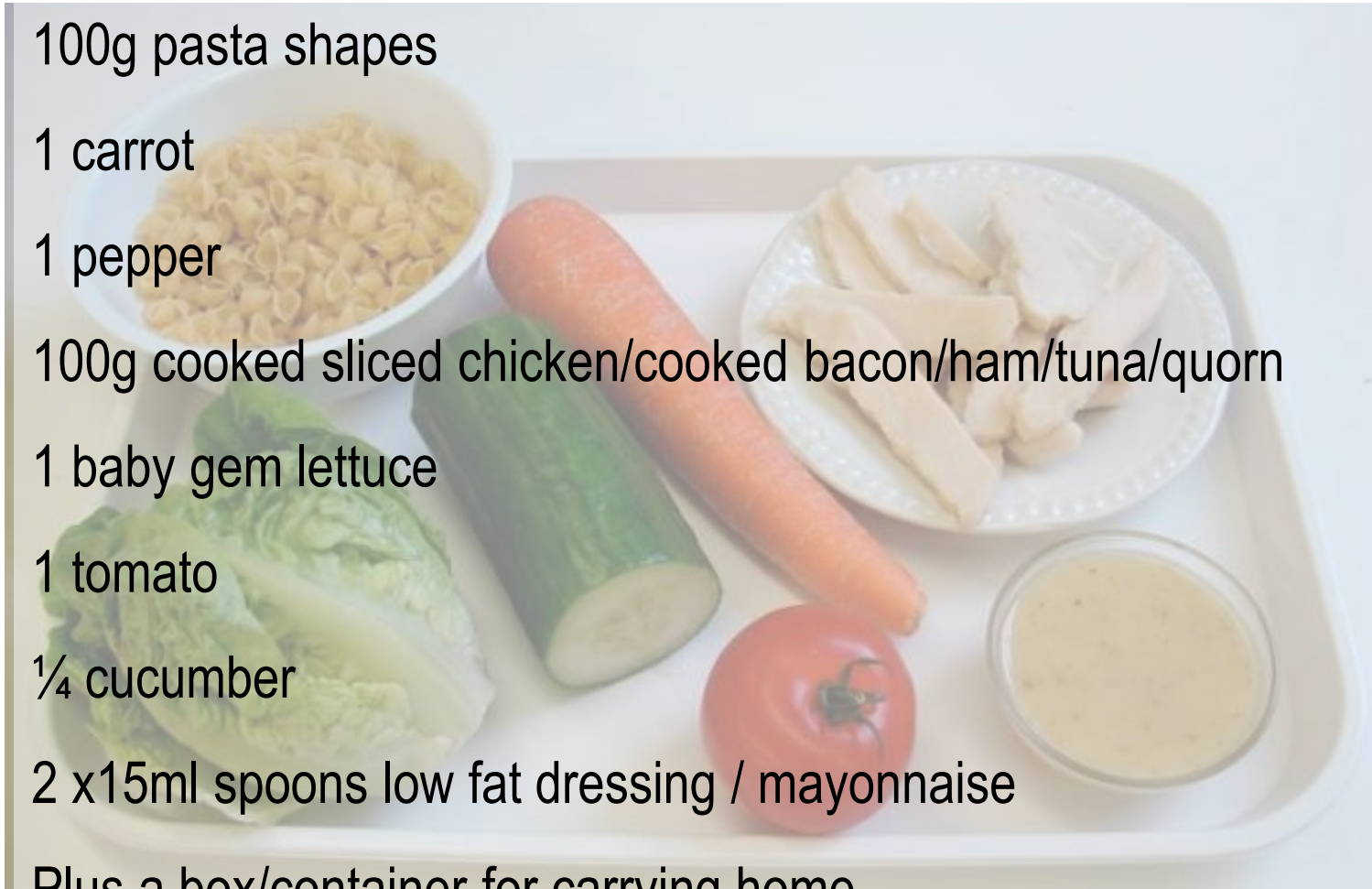
1 baby gem lettuce

1 tomato

¼ cucumber

2 x15ml spoons low fat dressing / mayonnaise

Plus a box/container for carrying home



Practical 1 Week 1

Option (b) Fruit Salad

1 Orange (essential)

7-8 other fruits for example:

red grapes/green grapes

kiwi fruit

Banana

Apple

Pear

Nectarine

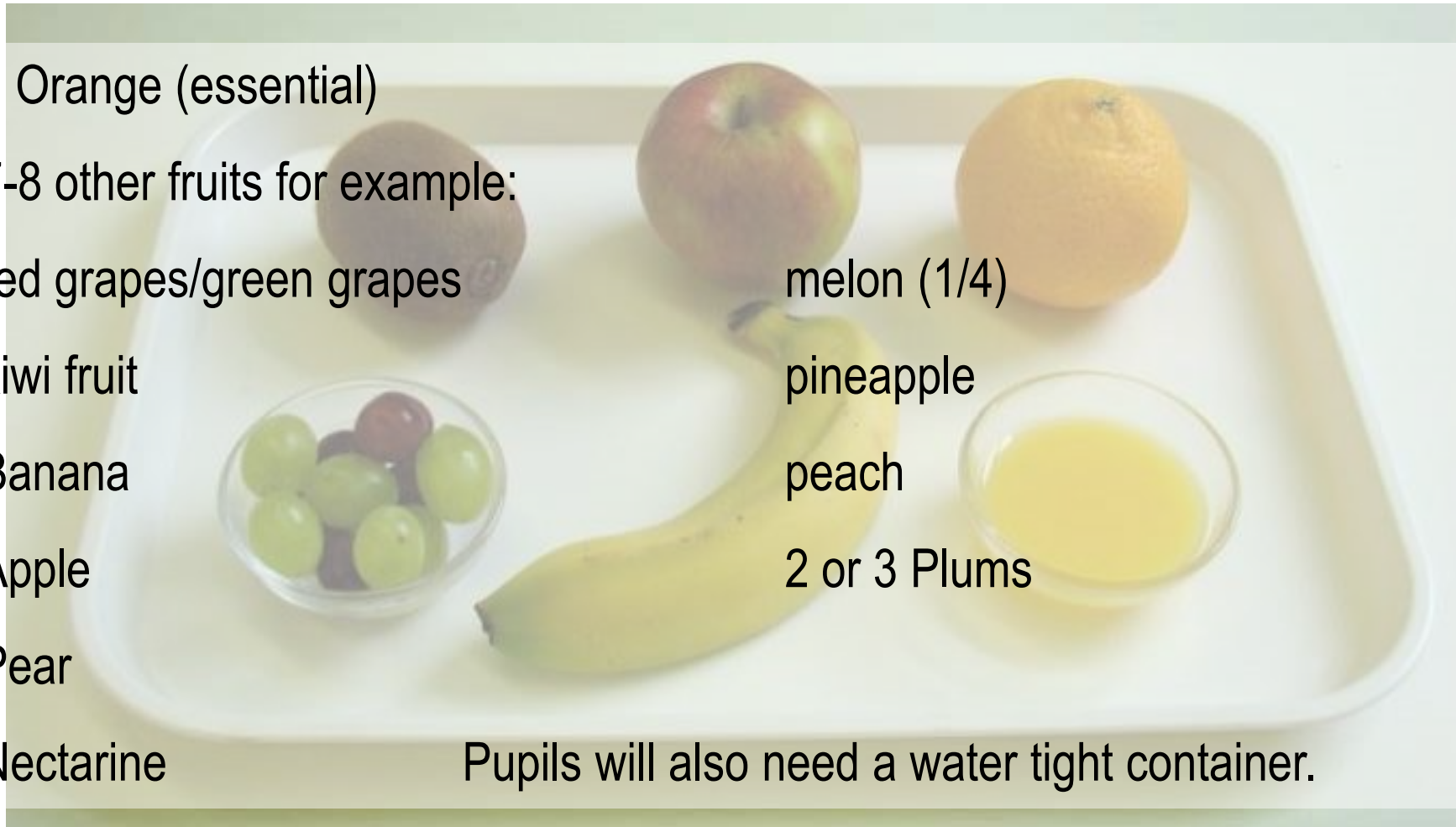
melon (1/4)

pineapple

peach

2 or 3 Plums

Pupils will also need a water tight container.



Practical 2

Fajitas:

Date of Prac:

½ lime

½ green chilli (optional)

1 clove garlic

1 raw chicken breast or beef
frying steak Or for
vegetarians: Quorn strips & 5
mushrooms and 25g extra
cheddar cheese

1 small onion

½ pepper

2 tortillas

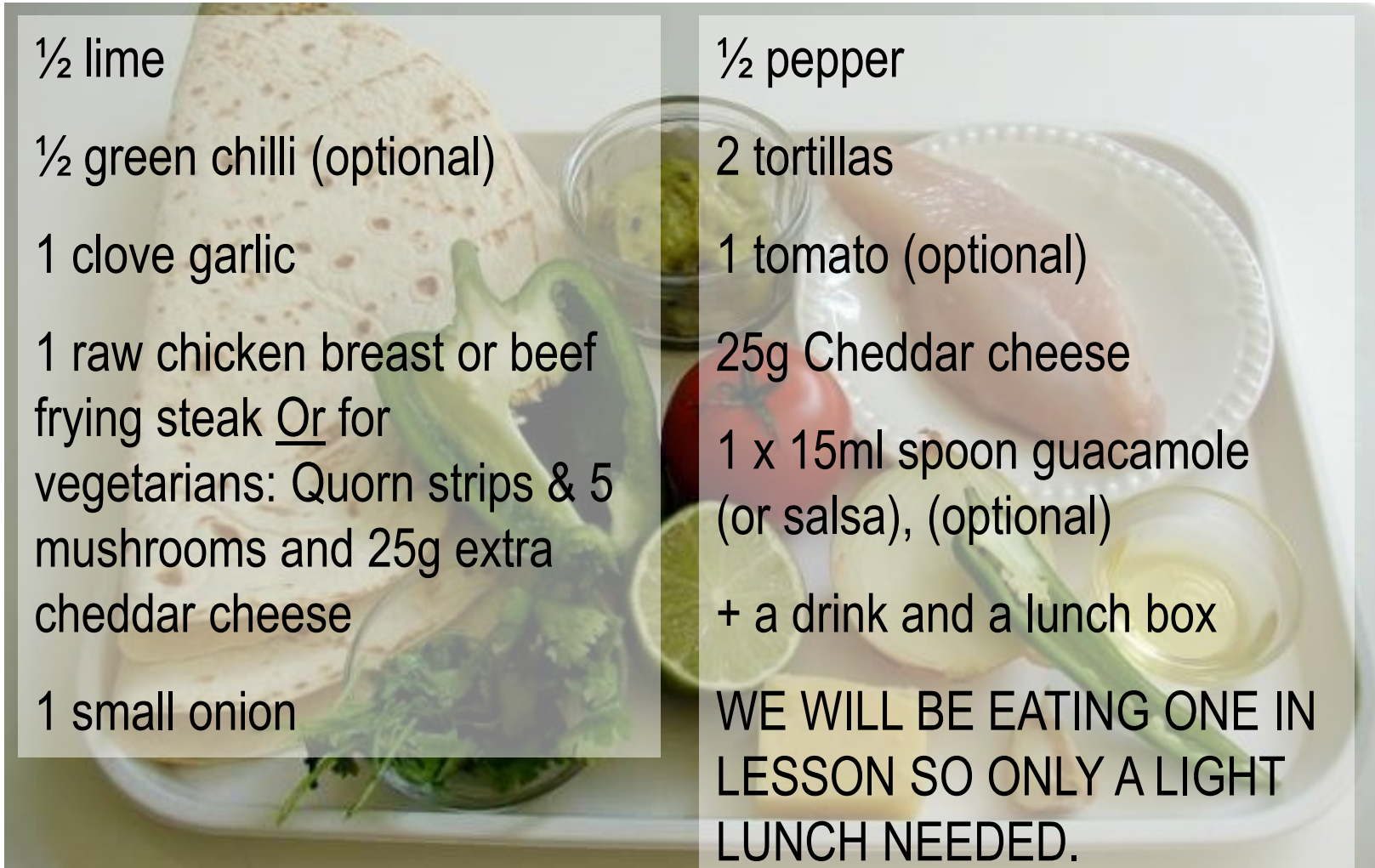
1 tomato (optional)

25g Cheddar cheese

1 x 15ml spoon guacamole
(or salsa), (optional)

+ a drink and a lunch box

WE WILL BE EATING ONE IN
LESSON SO ONLY A LIGHT
LUNCH NEEDED.



Year 8

Practical 4

Fruity or Savoury Muffins

FRUITY

250g self raising flour

2 x 15ml spoons baking powder

100g caster sugar

230ml semi-skimmed milk

1 egg

60ml oil

150g fruit (e.g. canned peach / plums / strawberries / blueberries)

SAVOURY

225g self raising flour

50ml oil

175ml semi-skimmed milk

1 egg

100g Cheddar cheese

1 courgette/carrot/red pepper/tomato

Black pepper/curry powder/ garlic etc.

Pupils will also need cake/muffin cases and a box/



Option for Practical 4 or 5:

Spaghetti Bolognaise

Ingredients

1 onion

1 clove garlic

1 carrot

1 celery stick

1 x 15ml oil

250g lean minced beef

1 can chopped tomatoes
(400g)

1 x 15ml spoon tomato purée

100ml water

1 x 5ml spoon mixed
herbs

Black pepper

150g spaghetti



Option for Practical 4 or 5

Macaroni Cheese

Ingredients

100g macaroni

100g Cheddar cheese

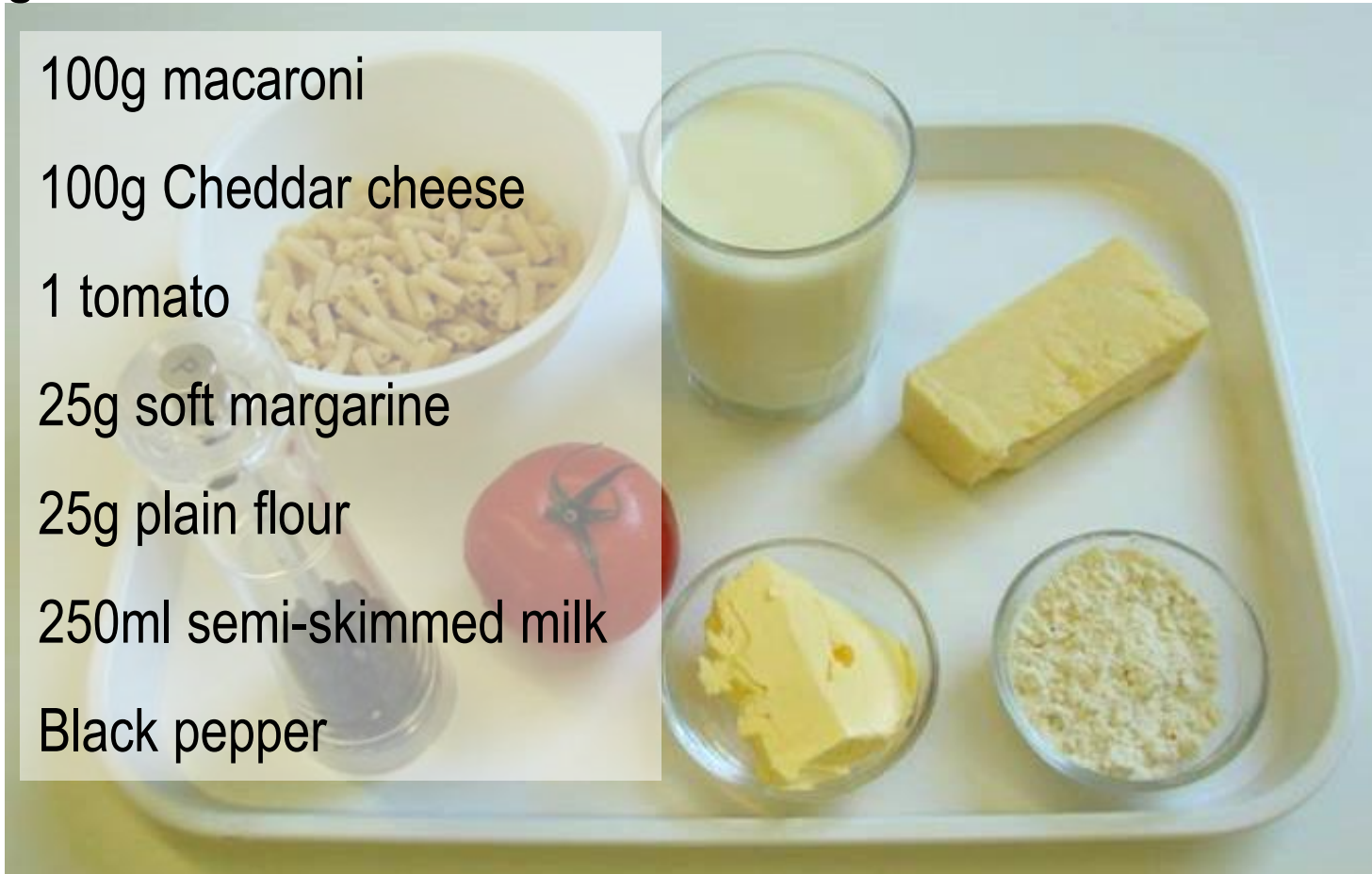
1 tomato

25g soft margarine

25g plain flour

250ml semi-skimmed milk

Black pepper



Option for Practical 4 or 5:

Pasta Bake – this list can be amended to suit pupils tastes e.g. chicken instead of tuna

Date of Practical:

