

## Practical 1:

### Dips and Dippers

### Ingredients

1 carrot

3 sticks celery

1 red or yellow pepper

½ cucumber

1 red or green apple

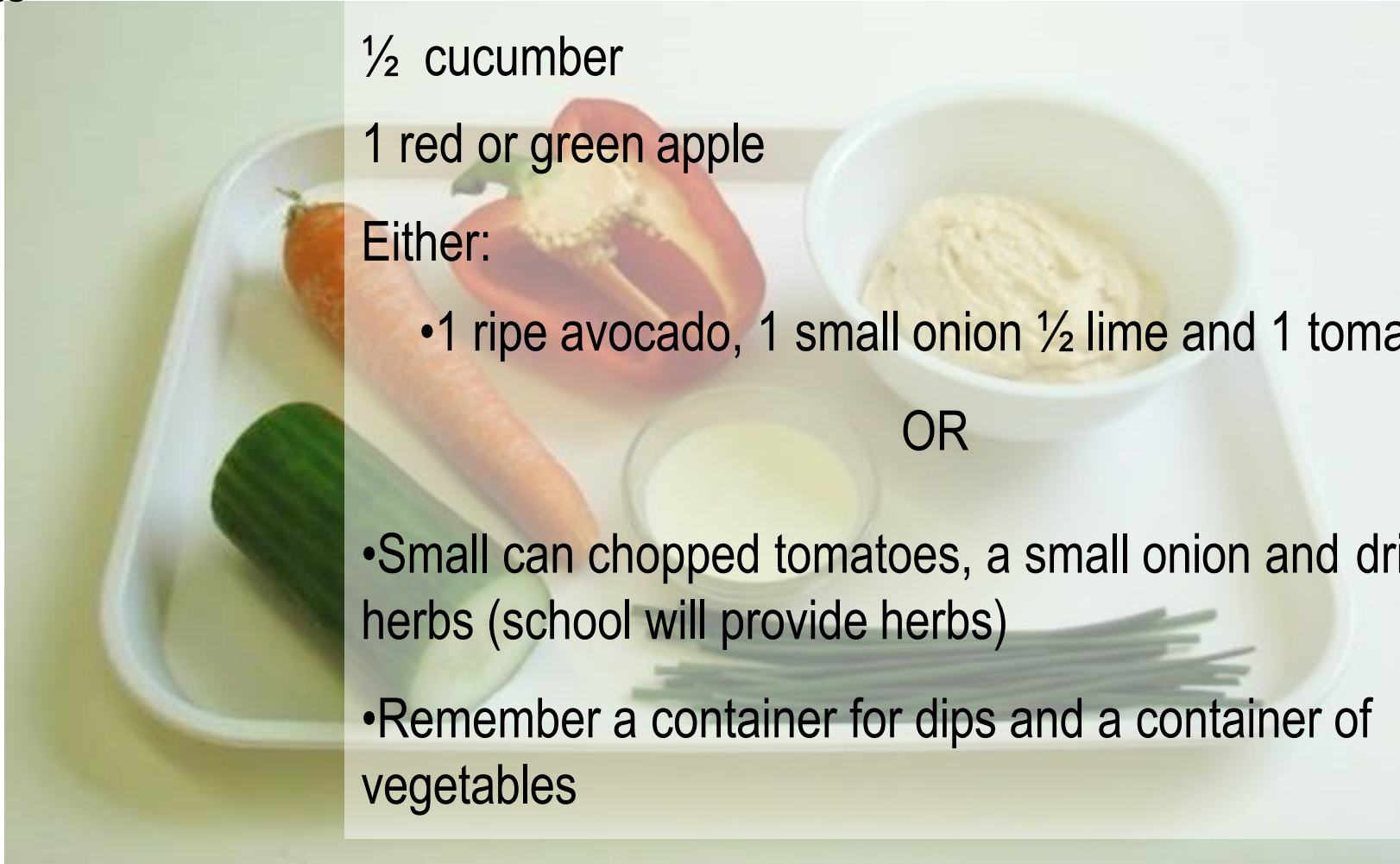
Either:

- 1 ripe avocado, 1 small onion ½ lime and 1 tomato

OR

- Small can chopped tomatoes, a small onion and dried herbs (school will provide herbs)

- Remember a container for dips and a container of vegetables



## Practical 2:

Date of Practical:

Ingredients for Pizza Toast

2 slices bread or a bagel or a piece of French stick.

2 x 15ml spoons tomato puree or pizza sauce

Choose as many vegetables as you like e.g.  $\frac{1}{2}$  yellow pepper/ 1 spring onion/ 1 mushroom/ 1 tomato / sweetcorn / pineapple

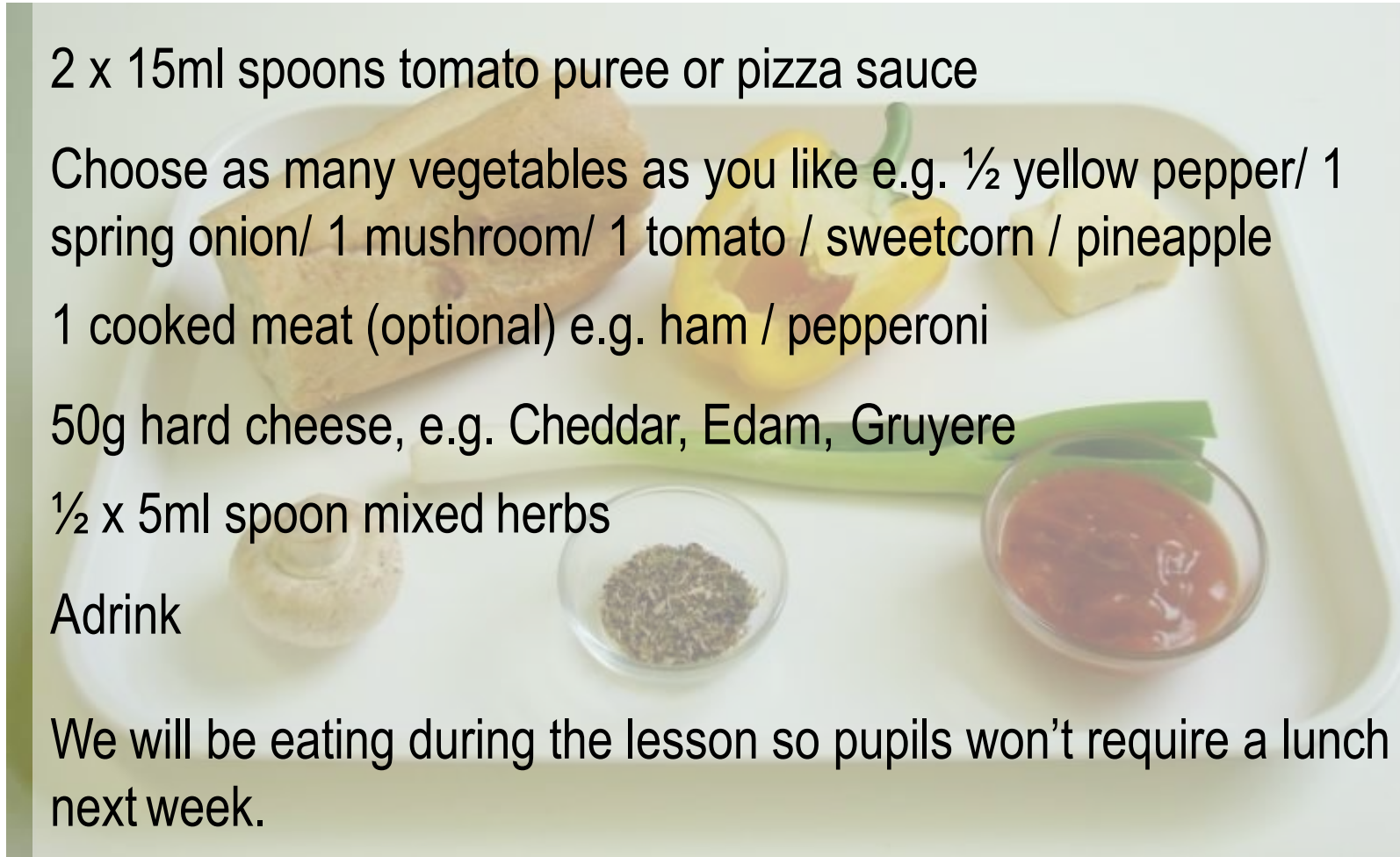
1 cooked meat (optional) e.g. ham / pepperoni

50g hard cheese, e.g. Cheddar, Edam, Gruyere

$\frac{1}{2}$  x 5ml spoon mixed herbs

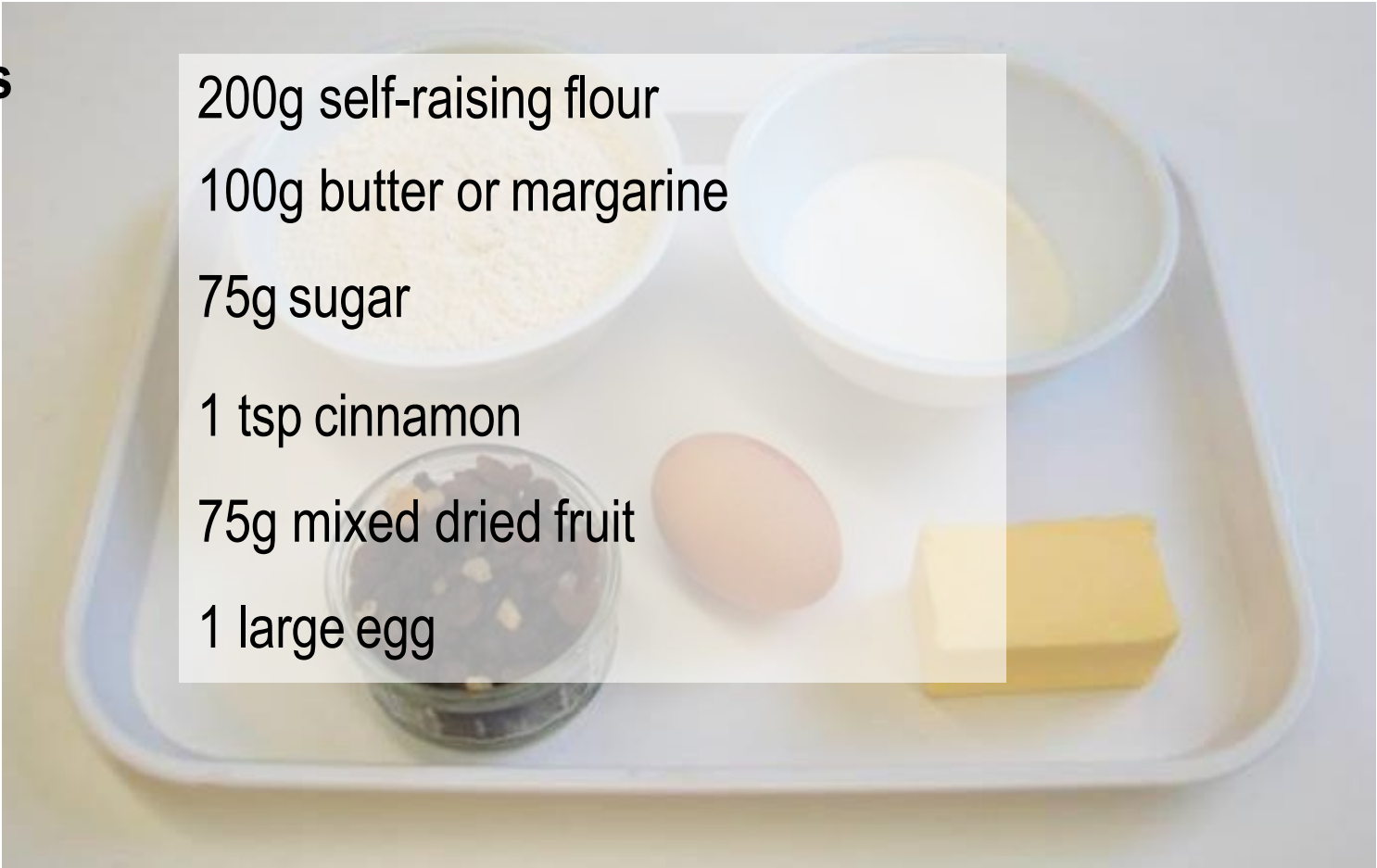
Adrink

We will be eating during the lesson so pupils won't require a lunch next week.



**Practical 3: Rock Cakes. Pupils are expected to amend this recipe to make them more exciting. They can add flavours e.g. cocoa powder / vanilla and should add their own texture e.g. chocolate chips/ raspberries / banana or a combination of these.**

### **Ingredients**

A photograph of ingredients for rock cakes arranged on a white tray. The ingredients include a bowl of self-raising flour, a bowl of sugar, a bowl of butter or margarine, a large egg, a block of butter, and a small glass jar containing mixed dried fruit. A semi-transparent text box is overlaid on the image, listing the ingredients and their quantities.

200g self-raising flour  
100g butter or margarine  
75g sugar  
1 tsp cinnamon  
75g mixed dried fruit  
1 large egg

## Year 7 Practical 4.

### Option (a)

### Spinach, potato and chickpea curry

Suggested Shopping List:

This can have meat added e.g. 1 chicken breast and vegetables can be amended

AFMS will provide the oil and water

1 onion

1 clove garlic

1 x 5ml spoon oil

2 x 15ml spoons curry paste

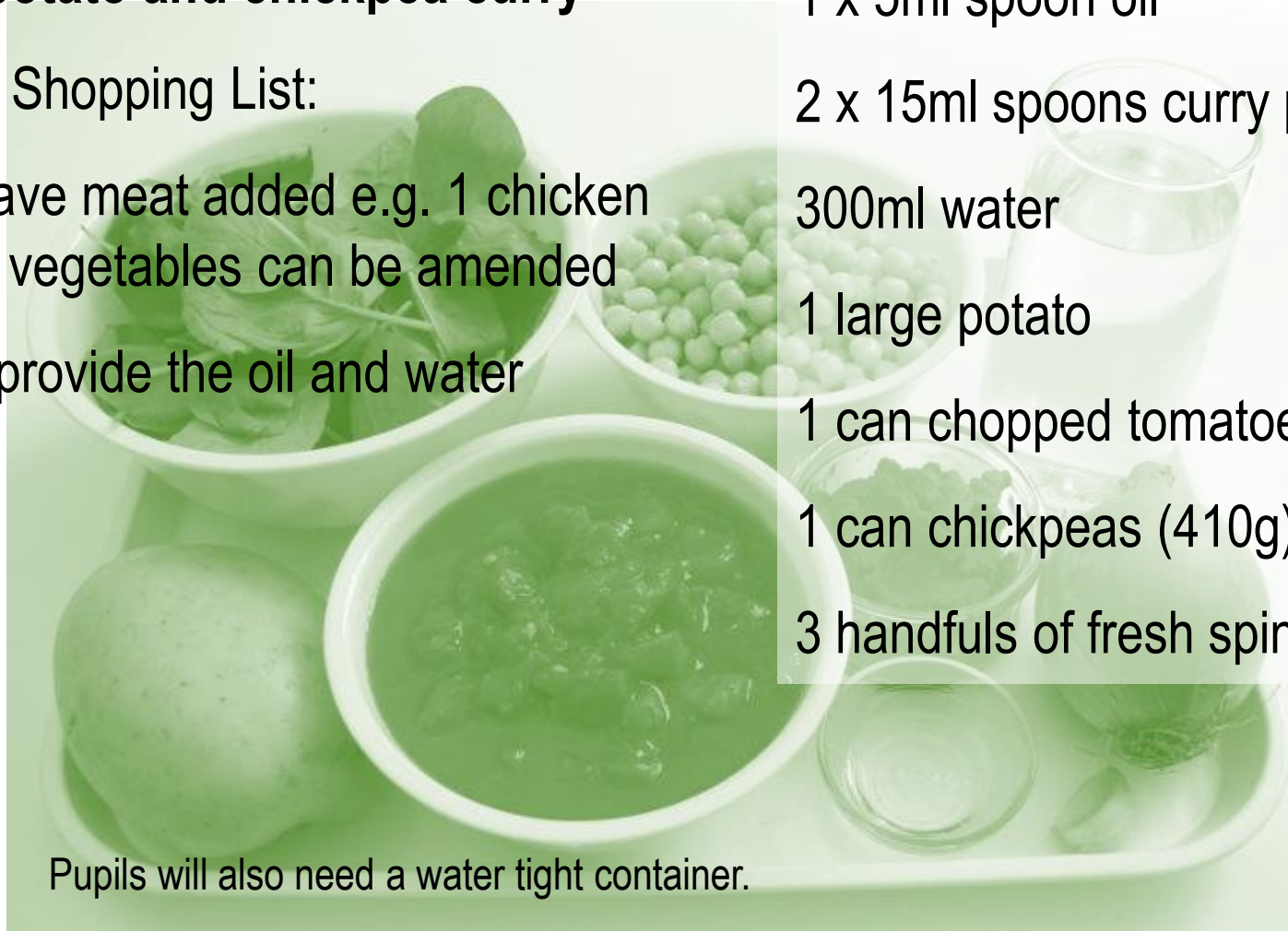
300ml water

1 large potato

1 can chopped tomatoes (400g)

1 can chickpeas (410g), drained

3 handfuls of fresh spinach



Pupils will also need a water tight container.

## Year 7 Practical 4.

### Option (b)

### Lamb Korma

Suggested Shopping List:

This can have the meat and/or vegetables amended.

AFMS will provide the oil and spices.

1 clove garlic

1 black peppercorn

1 Cardamon pod

1 x 10ml spoon oil

200g lamb leg steaks

½ small cauliflower

½ green chilli

½ x 5ml spoon turmeric

½ x 5ml spoon ground cumin

½ x 5ml spoon chilli powder

3 x 15ml spoons plain yogurt

Pinch black pepper

1 x 15ml spoon coriander

Pupils will also need a water tight container.

## Year 7 Practical 4.

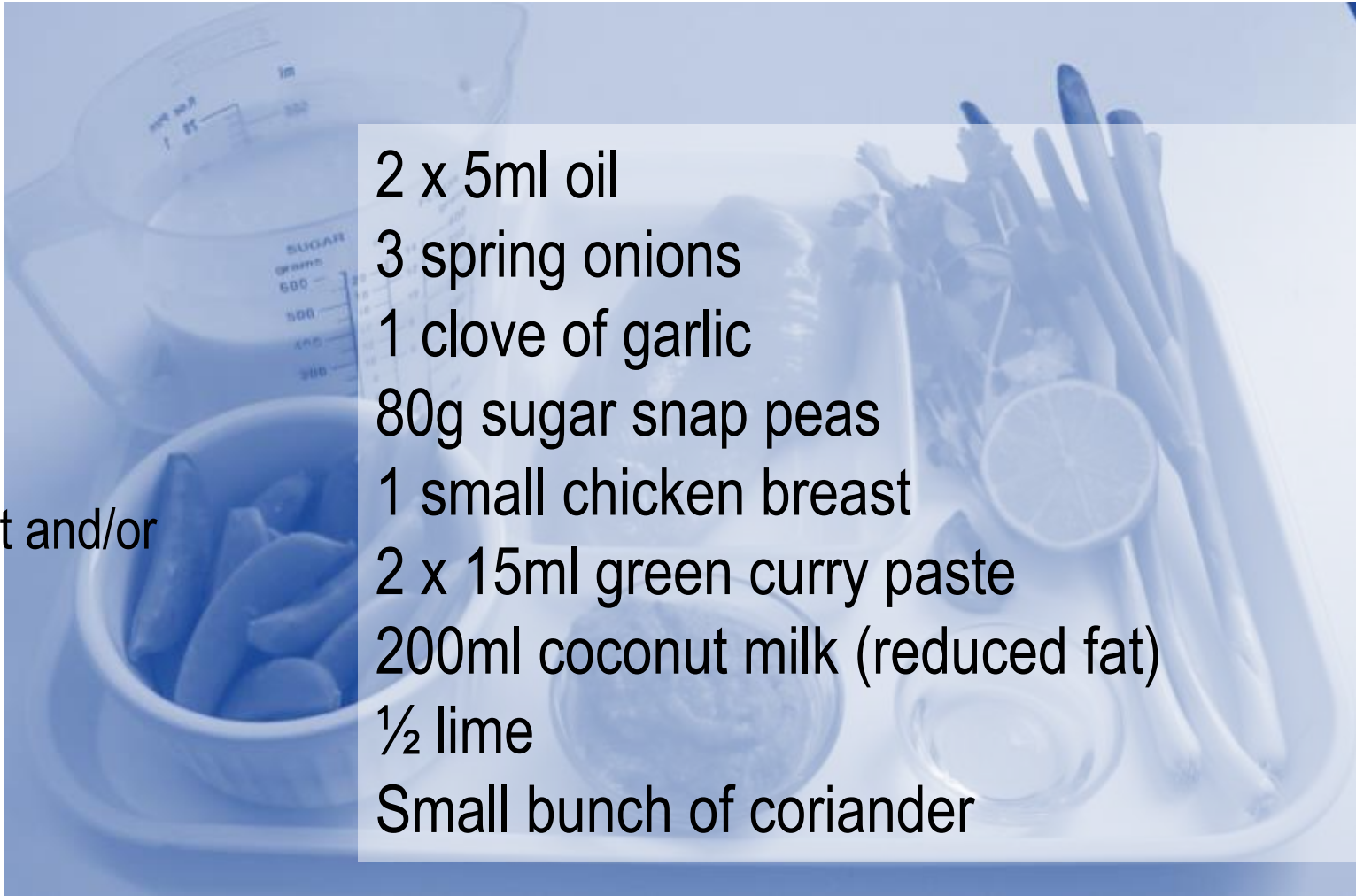
### Option (c)

### Thai Green Curry

Suggested Shopping List:

This recipe can have the meat and/or vegetables amended.

AFMS will provide the oil.



2 x 5ml oil  
3 spring onions  
1 clove of garlic  
80g sugar snap peas  
1 small chicken breast  
2 x 15ml green curry paste  
200ml coconut milk (reduced fat)  
½ lime  
Small bunch of coriander

Pupils will also need a water tight container.