

## Practical 1:

### Pasta Salad Shopping list

Date of Practical:

100g pasta shapes

1 carrot

1 pepper

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

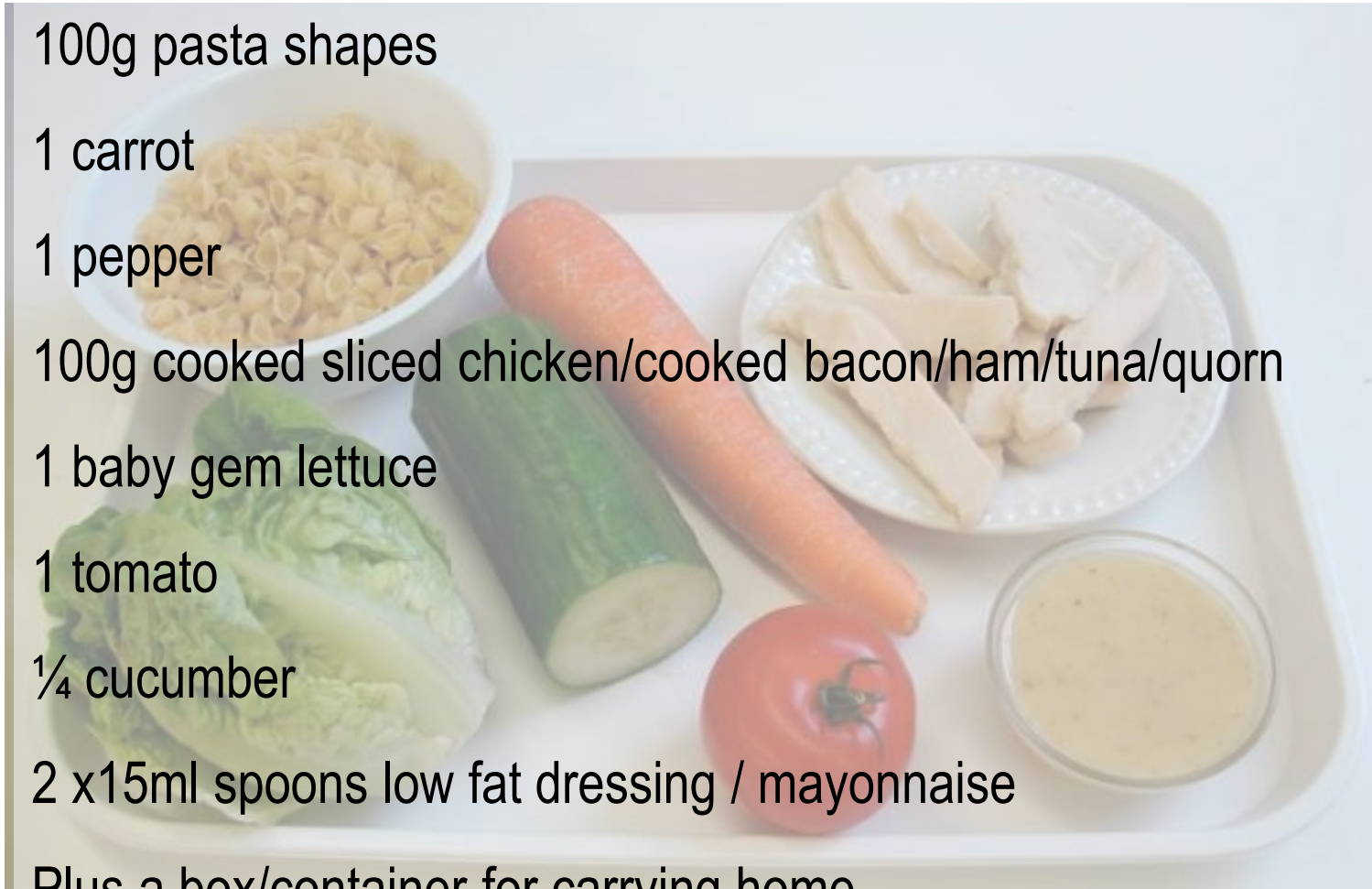
1 baby gem lettuce

1 tomato

¼ cucumber

2 x15ml spoons low fat dressing / mayonnaise

Plus a box/container for carrying home



## Practical 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

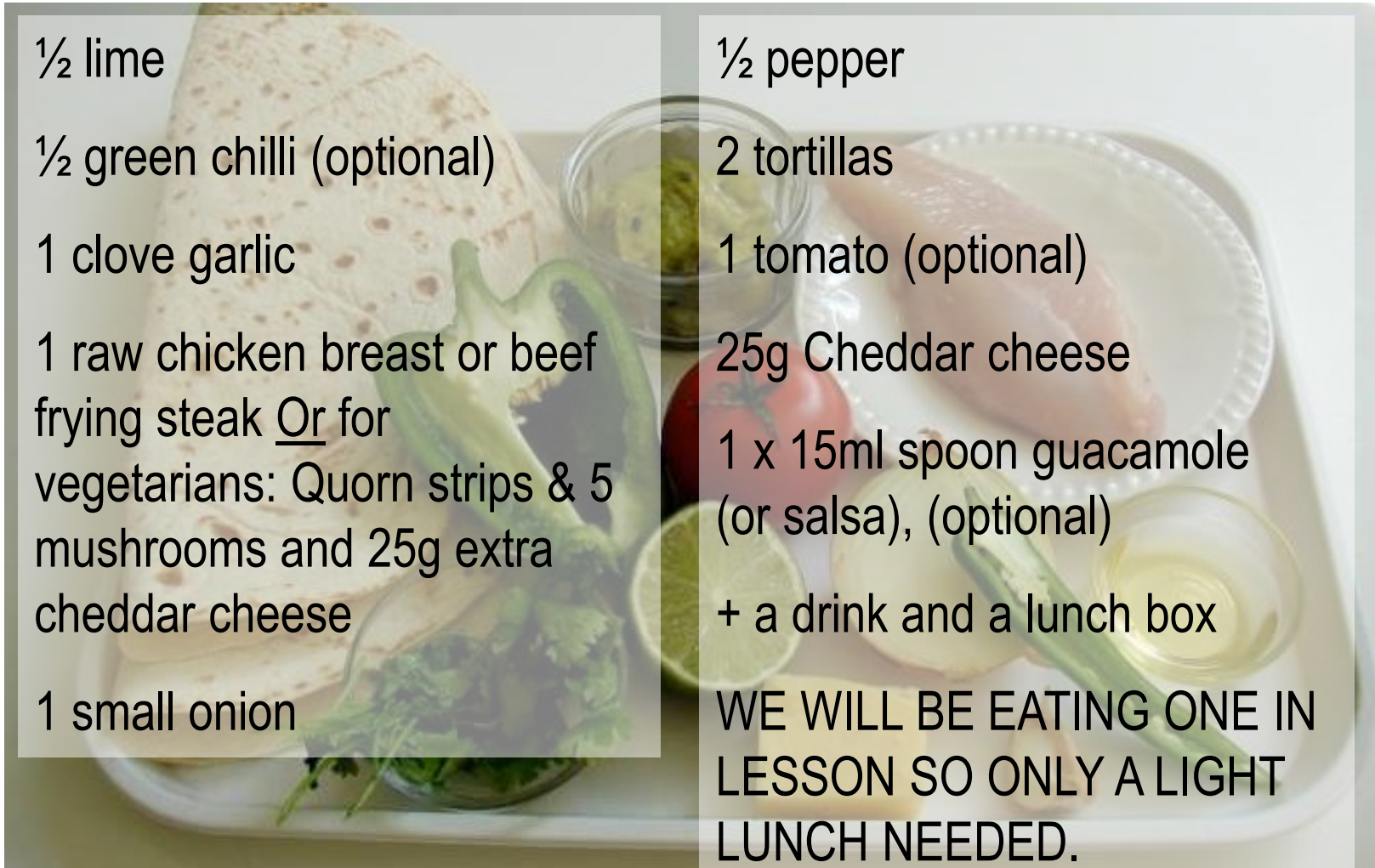
1 tomato (optional)

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.



## Practical 3: Fruity Muffins or fairy cakes

**Suggested Ingredients (pupils can pick their own recipe for this practical)**

250g self raising flour

2 x 15ml spoons baking powder

100g caster sugar

230ml semi-skimmed milk

1 egg

60ml oil

150g canned fruit, drained



## Option for Practical 4 or 5:

### Spaghetti Bolognese

#### 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

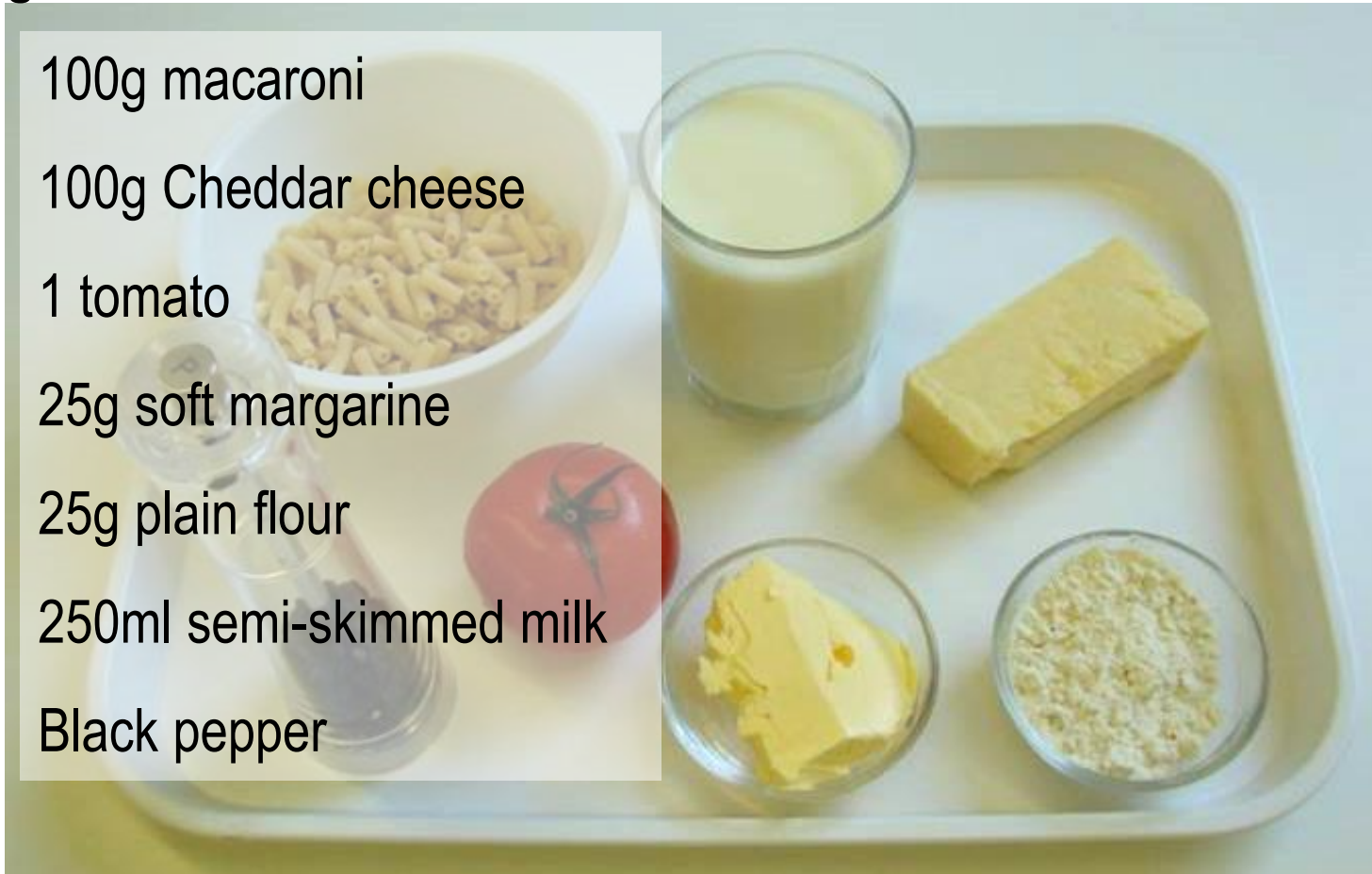
1 tomato

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:**

