

Practical 1:

Dips and Dippers

Ingredients

1 carrot

3 sticks celery

1 red or yellow pepper

½ cucumber

1 red or green apple

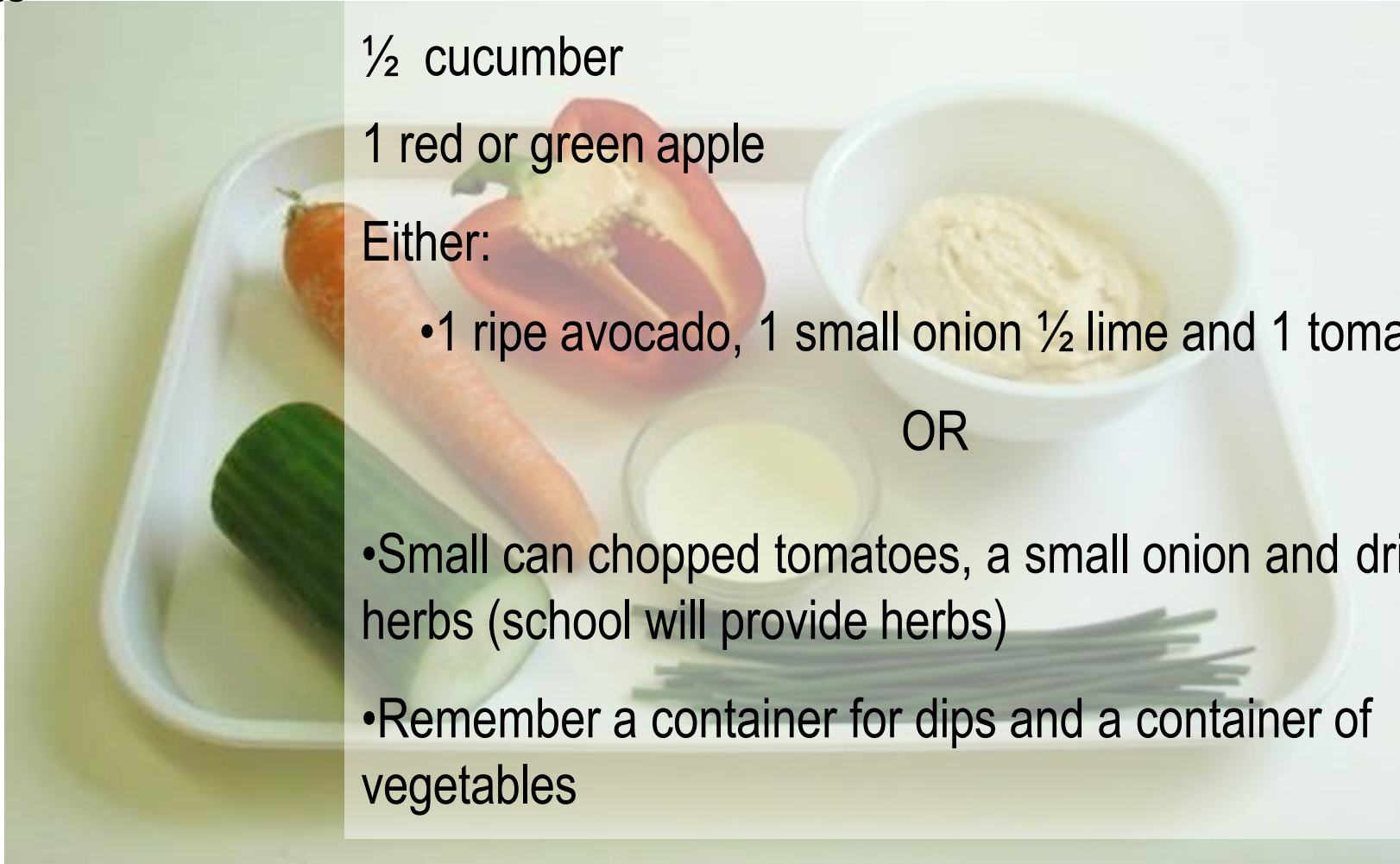
Either:

- 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

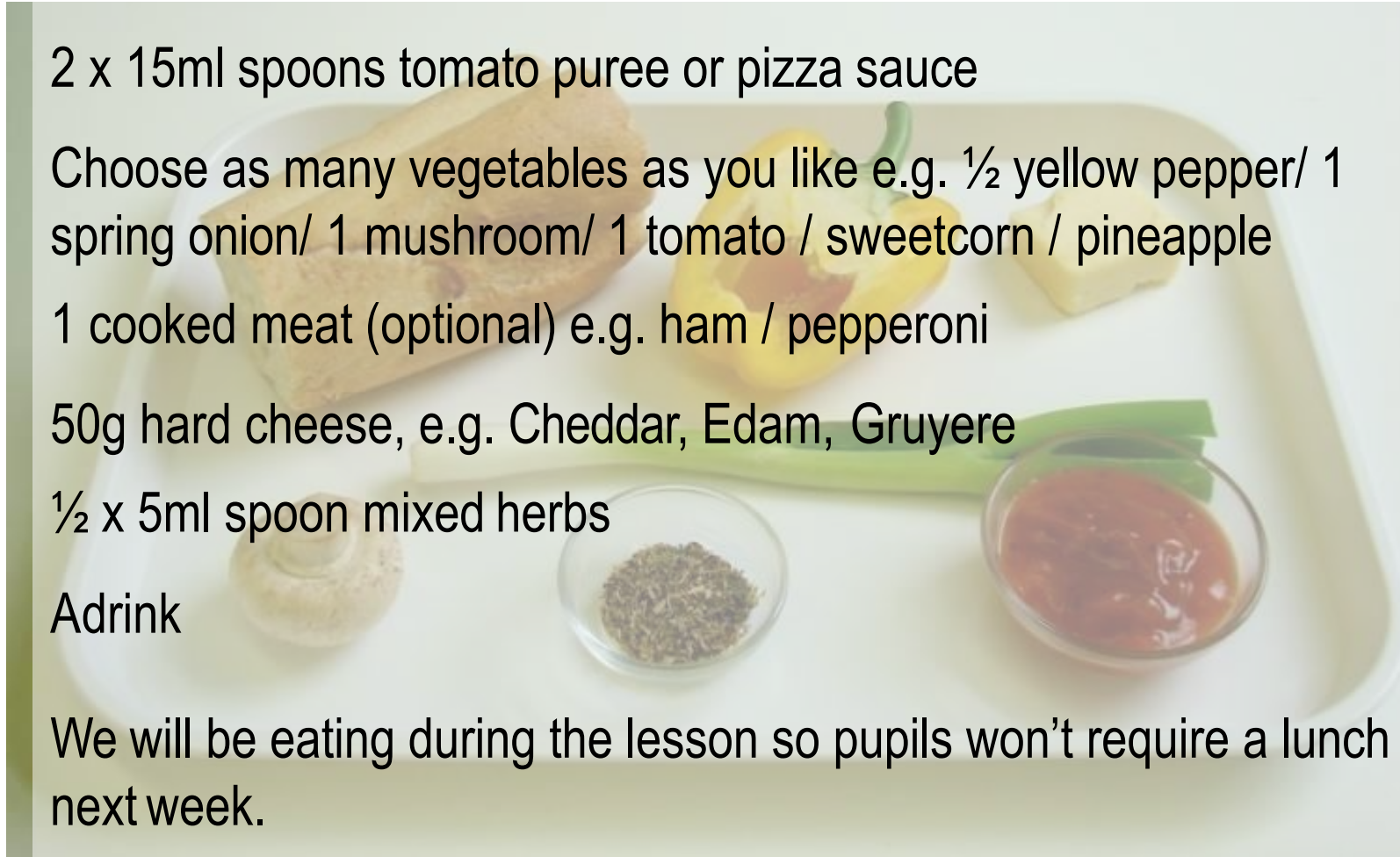
1 cooked meat (optional) e.g. ham / pepperoni

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

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

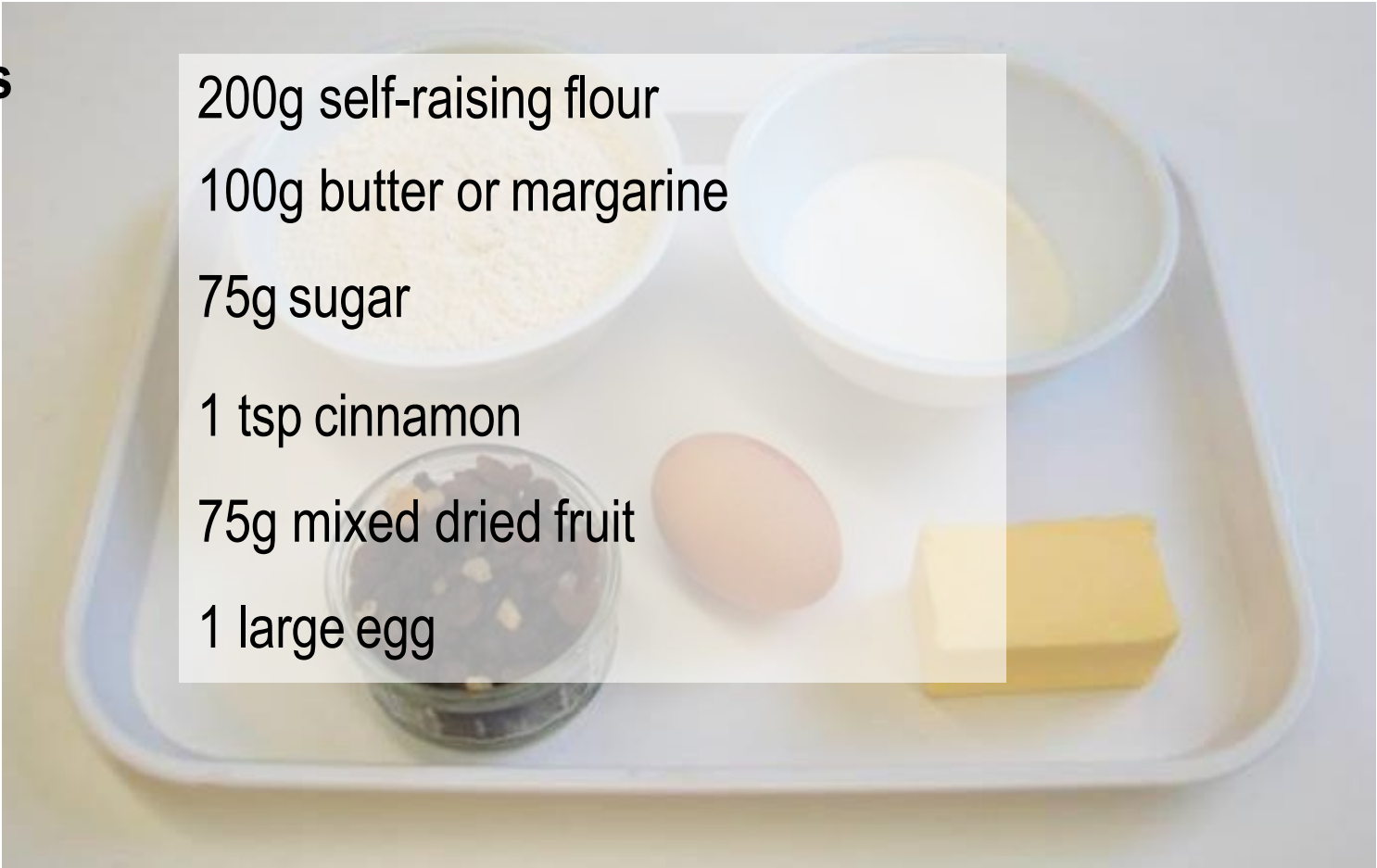
Adrink

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: 200g self-raising flour in a white bowl, 100g butter or margarine in a white bowl, 75g sugar in a white bowl, 1 tsp cinnamon in a small glass jar, 75g mixed dried fruit in a small glass jar, 1 large egg, and a block of butter. A semi-transparent text box is overlaid on the image, listing the ingredients.

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

Option for Practical 4:

Ingredients for Apple Crumble.

Date of Prac:



Ingredients for Apple Crumble.

CRUMBLE TOPPING:

125g plain flour

150g butter or margarine

125g oats

125g sugar

FRUIT LAYER:

2 Bramley apples

50g caster sugar

50g sultanas or other fruit

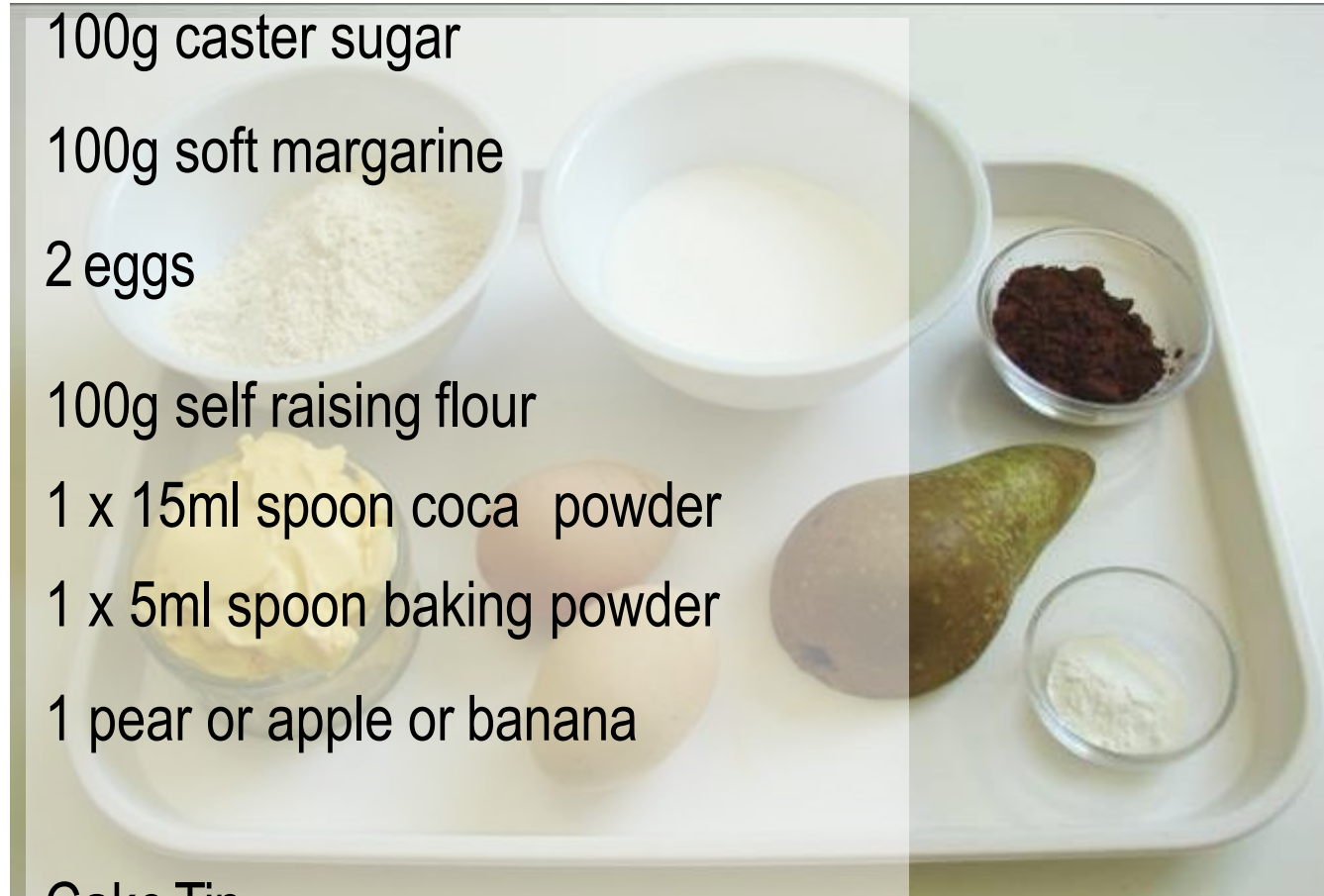
Oven Proof Dish



Option for Practical 4: Marble Cake

Ingredients:

Date of practical:



Cake Tin

Option for Practical 4: Dutch Apple Cake

Ingredients:

Date of practical:

100g caster sugar

100g soft margarine

2 eggs

100g self raising flour

1 x 5ml spoon baking powder

1 eating apple or pear or tinned pineapple

1 x 5ml spoon cinnamon

1 x 5ml spoon demerara sugar

Cake Tin



Choose 5 vegetables from this list:

- 1 onion
- 2 spring onions
- 3 mushrooms
- 50g sweetcorn
- 1 red pepper
- 1 yellow pepper
- 1 tomato
- 1 courgette
- 50g peas
- 1 carrot

EVERYONE NEEDS:

- 150g long grain rice
- 1 vegetable stock cube or powder

A LARGE WATERTIGHT BOX FOR
CARRYING HOME

Shopping List

Date of Prac:

Choose 1 flavour from this list:

- 1 x tbsp. curry powder
- 1 tbsp. Ginger powder
- 1 tbsp. Turmeric powder
- 2 tbsps. of Garlic paste/puree or 3 cloves of garlic
- 2 tbsps. of Tomato Puree

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Option for Practical 4:

Raspberry and White Chocolate Brownies

Pupils can amend the type of chocolate / fruit and flavour of this recipe

Ingredients
250g white chocolate
75g butter
125g caster sugar
2 large eggs
1 teaspoon vanilla
150g plain flour
150g fresh raspberries
Cake tin or tray