

Oat Biscuits

Ingredients

- 75g self-raising flour
- 75g porridge oats
- 50g sugar
- 75g butter
- 1 tbsp golden syrup
- A container to take it home

Method

- 1 Preheat oven 180°C or gas mark 4. Line a baking tray with baking parchment.
- 2 Sift the flour into a bowl. Mix in rolled oats and sugar.
- 3 Melt butter, syrup and milk in saucepan and stir until heated through. Add to the premixed dry ingredients. Mix until well combined. Spoon onto a baking tray and shape into rounds.
- 4 Bake in preheated oven for 10 to 15 minutes, or until golden brown. Leave to cool for 5 minutes before removing from tray.

Top tips

- *Decorate with melted chocolate at home.*

A container to take home in

Making Date

Mini Carrot Cakes

Ingredients

- 150g margarine
- 250g carrots, peeled and grated at home
- 100g sugar
- 2 eggs
- 200g SR flour
- 1x 5ml cinnamon or mixed spice
- 1 x 5ml (tsp) baking powder
- 125g sultanas—Optional
- 12 muffin cases (school will supply for 20p)
- A container to take them home in

Method

- 1 Preheat the oven to 200°C or gas mark 6
- 2 In a mixing bowl, melt the margarine in the microwave (1 minute).
- 3 Add the carrot and sugar to the margarine and combine.
- 4 Sift in the flour, cinnamon and baking powder.
- 5 Beat the eggs in a small bowl, and then add to the mixture.
- 6 Mix in the sultanas
- 7 Divide the mixture equally between the muffin cases.
- 8 Bake for 20 minutes (15 minutes in fan oven).

Top tips:

- *When the mini-carrot cakes are cool, you may wish to make a cream cheese topping at home. Cream 50g cream cheese and 25g icing sugar together.*

A container to take home in

Making Date

ALL RECIPES CAN BE FOUND ON THE SCHOOL WEBSITE
PLEASE ADVISE US OF ANY NUT OR OTHER FOOD ALLERGY

KEEPING YOURSELF SAFE

Year 7

This leaflet includes recipes for:

- Fruit Salad
- Pizza Toast
- Pasta & Bean Salad
- Oat Biscuits
- Mini Carrot Cakes
- Healthy Recipe Adaptation

Name: _____

Tutor Group: _____ DT Group _____

The Healthy Recipe Adaptation

Towards the end of the half term you will be using the skills and knowledge you have learnt in this module to adapt one of the recipes made in school so that it meets the following brief. This recipe adaptation will be assessed.

Design Brief: Using food preparation and cooking skills developed in this module plan and cook a dish suitable for a child's packed lunch or snack which would provide at least 2 of their portions of fruit and vegetables.

You will have one lesson to plan the recipe before your practical lesson. You will need to bring the ingredient on the date given below and need to remember that whatever you plan you will only have **60 minutes** in which to prepare and cook it.

Making date for the healthy recipe adaptation is:

Fruit Salad

Ingredients

- 1 clementine/mandarin/Orange
- Red grapes or green grapes—Handful
- 1 kiwi fruit
- 1 apple
- 200ml Orange juice
- A leak-proof container to take it home in

Method

- 1 Peel the clementine and separate into segments.
- 2 Cut the grapes in half and remove any seeds.
- 3 Peel the kiwi fruit and slice.
- 4 Quarter the apple, remove the core and slice.
- 5 Place all the fruit in a bowl.
- 6 Add the orange juice and mix together.

Top tips

- *Try using different types of fruit such as sliced peaches, chunks of fresh mango or canned pineapple pieces.*
- *Use other types of fruit juice instead of orange juice.*

A container to take home in

Making Date

Pizza Toast

Ingredients

- 2 slices bread (or a bagel or a piece of French stick sliced in half)
- 2 x 15ml spoons (tblsp) tomato pizza sauce/puree
- ½ pepper
- 1 spring onion
- 1 other vegetable
- 30g hard cheese, e.g. Cheddar, Edam, Gruyere
- ½ x 5ml spoon (tsp) mixed herbs
- A container to take them home in

} Or a selection of three different vegetables which can be chopped

Method

- 1 Preheat the grill.
- 2 Slice the pepper, spring onion and mushroom.
- 3 Grate the cheese.
- 4 Place the bread under the grill and toast one side.
- 5 Remove the bread from the grill and place on the chopping board uncooked side-up.
- 6 Spread the tomato sauce over the bread.
- 7 Arrange the pepper, mushroom and onion over the slices.
- 8 Sprinkle the cheese and mixed herbs over the bread.
- 9 Place under the grill until the cheese bubbles.

Top tips

- *Why not add cooked sausage or chicken, or canned tuna?*
- *Add a spoon of pickle or chutney for extra bite.*

Making Date

Pasta & Bean Salad

Ingredients

- 100g dried pasta shapes
- 1 stick celery
- 1 pepper (any colour)
- 2 spring onions or ½ red onion
- 25g raisins (or sultanas)
- 50g canned beans eg red kidney beans, chick peas, borlotti beans, mixed beans.

Dressing

- 2 x 15ml (tblsp) mayonnaise / crème Fraiche / natural yoghurt (any of these)
- salt and pepper (from school)
- A container to take it home in

Method

- 1 Cook the pasta in boiling water for 10-12 minutes until al dente, drain and leave to cool.
- 2 Wash and thinly slice the celery and onion.
- 3 Deseed the pepper and slice carefully.
- 4 Stir all ingredients into the pasta.
- 5 Add the dressing and seasoning, mix well.

Top tips

- *Try using different types of fruit and vegetables such as mushrooms, carrots, cucumber, peas or apple.*
- *Add some tinned tuna.*

A container to take home in

Making Date