

## R1: Week 1: No cooking

Date:

### Carbohydrates & Energy



#### Double lesson:

Understand the healthy eating plate and focus on Carbohydrates.

Understand that carbohydrates give you energy. Look into complex carbohydrates and understand how to make nutritious choices regarding them.

Choose whole grains and brown bread over white, to get more nutrients into your diet.

Understand how to carb load for sport.

Plan/ Design savoury rolls for next week, based around this.

## R1: Week 2: Savoury rolls

Date:

### Customised Savoury rolls



#### Ingredients:

250g of strong flour (choose wholemeal or white)

Sachet of dried yeast.

#### Choose 75g of any of the following:

Cheese

Chorizo

Pumpkin seeds

Poppy seeds

Sesame seeds

Named container to take rolls home in.

(You may choose 2 of these if you wish).

## R1: Week 3: Naan Bread

Date:

### Naan Bread



#### Ingredients:

250g of Plain flour

130ml of Milk

#### Choose from:

70g Cheese and a Clove of Garlic

**OR**

70g desiccated coconut and 35g sultanas.

School to provide baking powder, sugar and oil.

## R1: Week 4: Pitta Bread

Date:

Pitta Bread and Hummous  
or Tzatziki



### Ingredients:

250g of Wholemeal Flour (For Pitta)

### Hummous:

2 cloves of garlic  
1 can of chick peas  
180ml Olive Oil

1 Lemon

### OR

### Tzatziki:

250g Greek yoghurt  
1 cucumber  
1 lemon  
2 cloves of garlic

## R1 Week 5: Pasta

Date:

Pasta group activity.

NO INGREDIENTS NEEDED

Students do not need any ingredients this week.

In groups they will use the pasta machine to make pasta and understand how to cook it until "Al Dente".

Introduction to staple foods from around the world. Students will compare egg and dried pasta this lesson and progress onto cooking other staple foods in the following rotations.

Students taste test and analyse pasta products.

Ferndown Middle School



Problem with recipe?

Speak to Mrs Hartley



## Year 6 Rotation 1 Ingredients List

Please keep this leaflet in a safe place. It will tell you each week the ingredients your child will need to bring to school.

Always remember a named container to carry the food home.