

Moving onto year 7.

Students have learnt about the importance of fruit, vegetables and carbohydrates, with regards to the healthy eating plate. They understand safe practice in the food room and how to use basic recipes.

In year 7 students will learn to cook for themselves and their families. Producing dishes that are both affordable and suitable for all.

They will also begin to deal with cooked meats and understand how to use these safely.

They will finish the year by focusing on baking skills and understanding aeration .

Ferndown Middle School

Problem with recipe?

Speak to Mrs Hartley



Year 6 Rotation 3 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.

R3: Week 1: No cooking

Date:

Cereals and Fibre



Double lesson:

Understand the importance of fibre within their diet.

Furthermore, they understand how to select complex carbohydrates in order to make their diets healthier.

They look at breakfast cereals and understand how to reduce the amount of sugar in their cereals.

Understand complex carbohydrates and slow releasing energy.

They understand that refined carbohydrates often have little nutrients.

R3: Week 2: Breakfast Muffins

Date:

Fruity Oat Muffins



Ingredients:

125g Wholemeal flour

100g Plain Flour

2 eggs

300ml Milk

30g Butter or margarine.

200g of a Berry of your choice.

12 muffin cases

SCHOOL PROVIDES

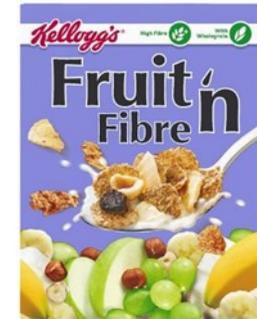
1tbsp sugar,

1tbsp baking powder,

R3: Week 3: No Cooking

Date:

Sugar in Cereal



Students understand added sugar in cereal. They weigh this out visually and design their own cereal based on their findings.

They understand how to get more fibre into their diets and look into Fructose from Fruit, rather than added sugar from other sources.

They understand how sugar works as an energy and how we can choose healthier, longer lasting choices.