

R1: Week 1: No cooking

Date:

The Healthy Plate,
Protein and Dairy.



Double lesson:

Understand the whole healthy eating plate and how to create meals which are rich in nutrients and minerals.

Understand the skills related to preparing well balanced meals. Start to use the hob to fry, simmer and boil. Understand how to combine well prepared vegetable based meals with carbohydrates.

Start to cook into cook with dairy and protein based foods. Students understand the importance of preparing riskier foods safely.

R1: Week 2: Ragu and Veg

Date:

Ragu and Veg



Ingredients:

- 1 Onion
- 1 Clove of garlic
- 1 can of chopped tomatoes
- 2 extra veg of your choice

School will provide stock and tomato puree as needed

DO NOT forget your container this week!
It will be very hard to take this product home without one.

R1: Week 3: Vegetable Chilli

Date:

Vegetable Chilli.



Ingredients:

- 1 Onion
- 1 Clove of garlic
- 1 can of chopped tomatoes
- 5 closed cup mushrooms
- Half tin of Kidney beans
- Small bag of Quorn.

School provides: Chilli powder.

DO NOT forget your container this week!
It will be very hard to take this product home without one.

R1 Week 4: Soup

Date:

Homemade Soup



Ingredients:

- 1 stock cube
- 1 Large or 2 medium onions
- 1 Large potato
- 2 other veg of your choice

Optional extras:

- Pre-cooked meat
- Half a carton of double cream (if appropriate)

Bring a flask or large plastic bottle, to take your soup home in.

R1 Week 5: Pizza

Date:

Homemade Pizza



Ingredients:

- 250g strong flour
- 1 sachet of dried yeast
- (school will provide oil, sugar and salt)

Toppings:

- Half a tin of chopped Tomatoes.
- Half a tube tomato puree.
- 1 onion.
- Mushrooms or Pepper.
- Pre-cooked Chicken, Chorizo or Ham.
- 100g Cheese

Ferndown Middle School

Problem with recipe?

Speak to Mrs Hartley



Year 7 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.