

R1: Week 4: Toad in the hole

Date:

Toad in the hole.



Ingredients:

100g plain flour

1 egg

300ml milk

8 plain pork sausages

20x 30 cm roasting tin

SCHOOL PROVIDES

½ tsp mustard powder

R2: Week 5: No cooking

Date:

Baking techniques.

Sugar awareness lesson.



Double lesson:

This SOW is a sugar awareness and baking focused project. Students learn all about sugar and understand how to reduce this in their diet.

They understand how to make healthier and more sustainable choices regarding sweet treats. They learn how to use all the baking techniques in a healthy way.

Students understand how to choose fructose (fruit based sugars) over pure sucrose (added sugar). They understand that sugar is sugar, but Fruit products give students valuable vitamins and minerals.

Ferndown Middle School

Problem with recipe?

Speak to Mrs Hartley



Year 7 Rotation 2 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.

R2: Week 1: Mini-Frittatas

Date:

Mini Vegetable Frittatas



Ingredients:

- 1 large baking potato
- 100g cheese
- 6 eggs
- 150ml milk
- 12 muffin cases

You will need at least 12 very thick cup-cake or muffin cases (so the egg doesn't stick to the cases) If you want to make one large frittata, you would have to bring your own skillet from home.

R2: Week 2: Pasta Bake

Date:

Pasta Bake with cheesy breadcrumb topping



Ingredients:

- 250g pasta quills or rigatoni (any shape will do however)
- 1 tin of chopped tomatoes
- 1 Onion
- 5 closed cup mushrooms
- 1 peppers
- 75g cheese
- 2 slices of bread

Optional:

You may add some pre-cooked meat if you wish.

Large Casserole dish to take it home in.

R2: Week 3: Fruit Tart

Date:

Fruit tart with quick jel.



Ingredients:

- One block of ready made chilled short crust pastry.
- 500g of fresh fruit, or a tinned alternative
- 1 TWIN pack of Quick Jel or any Jelly glaze alternative. Any flavor that suits your choice of fruit.

One large to medium flan dish or two Victoria sponge tins will work.

