



# Healthy Food

## Year 7 Food Recipe booklet 2023 24

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Date of practical:

Type of container needed:

## Fabulous fruit salad

**Any fruit** can be used, here are some examples:

### Ingredients

2 satsumas

4 strawberries

8 seedless red grapes, halved lengthways

8 seedless white grapes, halved lengthways

2 bananas

### PLUS

2 x 15ml spoons fruit juice or small can of fruit in natural juice

**Complexity:** low-medium



### Equipment(AT SCHOOL)

Green chopping board, sharp knife, waste bowl, a 15ml spoon.

### Method

1. Peel the satsumas and separate into segments.
2. Pull the stalks from the strawberries and cut into slices.
3. Peel the bananas and cut into slices.
4. Place all the fruit in the bowl and add orange juice.
5. Mix all the ingredients together.

### Top tips

- Try using different types of fruit such as peeled and sliced kiwi fruit, chunks of fresh mango or canned pineapple.
- Instead of orange juice try another juice, such as apple.
- You could serve your fruit salad in a hollowed out fruit such as melon to make it look attractive.

Food skills <ul style="list-style-type: none"><li>• Measure.</li><li>• Peel.</li></ul>	<ul style="list-style-type: none"><li>• Slice.</li><li>• Combine and mix.</li></ul>
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Date of practical:

Type of container needed:

# Fruity flapjacks

## Ingredients

2x15ml spoons golden syrup  
50g butter or soft spread  
50g sugar  
150g oats  
50g dried fruit, e.g. sliced apricots

**Complexity:** low-medium



**Foil baking tin provided**

## Equipment

Baking tray, measuring spoons, saucepan, mixing bowl, wooden spoon.

## Method

1. Preheat oven to 200C or gas mark 6.
2. Grease a shallow baking tin.
3. Place the syrup, fat and sugar into a saucepan and gently heat until the butter/soft spread has melted.
4. Remove from the heat and stir the syrup mixture into the oats in a mixing bowl.
5. Stir the dried fruit into the mixture.
6. Pour the mixture into the shallow baking tin and pat down.
7. Bake for 15 minutes until lightly browned.
8. Remove from the oven and mark into portions in the baking tray while hot.

## Top tips

- Vary the type of dried fruit, e.g. sultanas, figs, mixed fruit.
- Add 1x5ml spoon cinnamon or mixed spice to the oat mixture.
- Try using a little less sugar (or replace some with sweetener) and a little more dried fruit in the flapjacks to make them healthier.

Food skills	
<ul style="list-style-type: none"><li>• Weigh.</li><li>• Measure.</li><li>• Melt.</li></ul>	<ul style="list-style-type: none"><li>• Bake.</li><li>• Cut.</li><li>• Portion.</li><li>• Stir.</li></ul>

Date of practical:

Type of container needed:

# Pizza toast

## ANY TOPPINGS e.g.:

### Ingredients

- ½ yellow pepper
- 1 spring onion
- 1 mushroom

### PLUS

- 30g hard cheese, e.g. Cheddar, Edam, Gruyere
- 2 slices bread (or a bagel or a piece of French stick sliced in half)
- 2 x 15ml spoons tomato pizza sauce (puree/ketchup mixed in equal parts)

**Complexity:** low-medium



### Equipment

Chopping boards, knife, grater, fish slice, measuring spoons, spoon.

### Method

1. Preheat the grill.
2. Prepare the toppings on the correct coloured chopping board.
3. Grate the cheese.
4. Place the bread under the grill on a baking tray and toast one side.
5. Remove the bread from the grill and turn the uncooked side-up.
6. Spread the tomato sauce over the bread using the back of the spoon.
7. Arrange the toppings over the slices.
8. Place under the grill until the cheese bubbles.

### Top tips

- Always use oven gloves when dealing with a hot grill/baking tray
- Why not add cooked chicken or canned tuna?
- Add a spoon of pickle or chutney for extra bite.
- Try different types of cheese or different toppings, e.g. tuna and sweetcorn, sliced tomatoes, olives, pesto.

Food skills	
<ul style="list-style-type: none"><li>• Weigh.</li><li>• Measure.</li><li>• Slice.</li></ul>	<ul style="list-style-type: none"><li>• Grate.</li><li>• Spread.</li><li>• Grill.</li></ul>

Date of practical:

Type of container needed:

# Layered pasta

## Ingredients

100g pasta shapes

### Any salad ingredients:

1 carrot

100g cooked sliced chicken (or other protein)

1 baby gem lettuce (salad leaves)

1 tomato

$\frac{1}{4}$  cucumber

2 x 15ml spoons low fat dressing

**Complexity:** low-medium



## Equipment

Weighing scales, saucepan, chopping boards, knife, vegetable peeler, grater, measuring spoons, tablespoon, fork, colander.

## Method

1. Bring a small saucepan of water to the boil, and then add the pasta. Simmer for about 8-10 minutes (check the packet instructions).
2. While the pasta is cooking, prepare the other ingredients:
  - shred the lettuce;
  - slice the tomato;
  - chop the cucumber into small chunks;
  - peel and grate the carrot.
3. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
4. Place the pasta in the serving dish and stir in 1x15ml spoon of dressing.
5. Assemble the remaining ingredients over the pasta in layers.
6. Lastly, drizzle over the remaining dressing.

## Top tips

- Vary the type of pasta and/or vegetables used.
- Why not add some fruit, seeds or nuts?
- Instead of cooked chicken, why not go for sliced ham, grated cheese, canned tuna, slices of boiled egg, or red kidney beans.

Food skills	
<ul style="list-style-type: none"><li>• Weigh.</li><li>• Measure.</li><li>• Boil and simmer.</li><li>• Shred, slice and chop.</li></ul>	<ul style="list-style-type: none"><li>• Peel.</li><li>• Grate.</li><li>• Drain.</li><li>• Layer.</li></ul>

Date of practical:

Type of container needed:

# Apple and sultana crumble

## Ingredients

100g plain flour  
50g butter or baking fat/block  
50g oats  
25g sugar  
3 large eating apples  
50g sultanas

**Complexity:** low-medium



## Ovenproof dish/foil dish

## Equipment

Weighing scales, waste bowl, mixing bowl, wooden spoon, green chopping board, knife, baking tray.

## Method

1. Preheat oven to 190°C or gas mark 5.
2. Rub the fat into the flour until it resembles breadcrumbs.
3. Stir in the oats and sugar.
4. Cut the apples into quarters and remove the core. Slice thinly.
5. Arrange the apple slices in an oven proof/foil tray dish on a baking tray, and then add the sultanas.
6. Sprinkle the crumble topping over the apple slices.
7. Bake for 25 - 30 minutes, until the apples are soft and the crumble is golden.

## Top tips

- Add a little water to the apples.
- Be creative and experiment with other fruits, such as blackberries, apricots, raspberries, peaches, nectarines, plums or pears.
- You may wish to use canned apple or another type of canned or dried fruit.
- Try using wholemeal flour for the crumble topping or use muesli instead of oats.

Food skills	
<ul style="list-style-type: none"><li>• Weigh.</li><li>• Core.</li><li>• Cut and slice.</li></ul>	<ul style="list-style-type: none"><li>• Rub in.</li><li>• Mix and stir.</li><li>• Bake.</li></ul>

Date of practical:

Type of container needed:

# Fruity muffins

## Ingredients

250g self-raising flour  
2 x 5ml spoons baking powder(provided)  
100g caster sugar  
230ml semi-skimmed milk  
1 egg  
60ml oil(provided)  
150g canned fruit (in juice) or fresh fruit

## Bun cases

## Equipment

12 muffin cases, muffin tin, weighing scales, measuring spoons, measuring jug, mixing bowl, wooden spoons, can opener, 2 spoons, cooling rack.

## Method

8. Preheat oven to 180°C or gas mark 4
9. Mix all the ingredients together to form a smooth batter.
10. Drain the juice from the canned fruit.
11. Stir in the fruit.
9. Divide the mixture equally between the muffin cases using 2 spoons.
10. Bake for 20-25 minutes, until golden.
11. Allow to cool on a cooling rack.

## Top tips

- Vary the type of fruit you use. Try bananas, cherries or blueberries. Go for fresh, frozen, canned or dried fruits.
- Experiment with different spices, such as cinnamon, ginger or mixed spice.

**Complexity:** low-medium



Food skills	
<ul style="list-style-type: none"><li>• Weigh.</li><li>• Measure.</li><li>• Mix, stir and combine.</li></ul>	<ul style="list-style-type: none"><li>• Drain.</li><li>• Divide.</li><li>• Bake.</li></ul>

Date of practical:

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# Leek and potato soup

**Complexity:** low-medium

- 10ml vegetable oil (provided)
- 1 small onion
- 1 leek
- 1 medium sized potato
- 1 vegetable stock cube (plus 500ml boiling water)
- 25g butter (optional)
- Black pepper (provided)



## Equipment

Large pan, pan lid, brown chopping board, sharp knife, measuring jug, wooden spoon, fork, metal spoon, stick blender.

## Method

1. Finely dice onion, slice leeks and peel and evenly dice the potato on a brown chopping board.
2. Add the oil and onion to the pan and soften in oil.
2. Add sliced leeks (and butter) to the pan and soften with the lid on for 5 mins.
3. Add the potato to the pan.
4. Make up 500ml of stock with boiling water in a measuring jug. Add to the pan.
5. Simmer for 20 mins. Season with black pepper.
6. Blend soup with stick blender.

<b>Food skills</b> <ul style="list-style-type: none"><li>• Weigh</li><li>• Measure</li><li>• Cut, chop, slice and dice</li></ul>	<ul style="list-style-type: none"><li>• Melt</li><li>• Simmer</li><li>• Boil</li></ul>
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