



Food Preparation and Nutrition Practical's at BBG Academy



Equipment and Ingredients

Students will need to bring the following basic equipment each week to their Food lesson, a clean, dry:

- ✓ apron,
- ✓ dishcloth,
- ✓ tea towel
- ✓ and a suitable container to transport their finished product home. Suitable container examples below:



Please make sure all equipment is clearly labelled, as the food room is a busy place with many dishes being produced each day.

Students will access the recipe through the website as part of their homework. In addition, from time to time students will need an ovenproof dish or a heatproof container, which for health and safety reasons will need to fit into a second container for transport home which must not be glass. The second container will require a firm fitting lid, foil/cling film is not adequate as food can easily leak if knocked. Sizes will need to be checked at home to ensure that the hotter container used in the oven fits into the second container.

As part of their learning, students will need to bring ingredients each week, that they have weighed accurately at home and they are encouraged to take part in buying ingredients.

Any special dietary requirements that need alternative ingredients can be discussed with staff. Recipes can be adapted so that practical is always completed.

Students are required to collect their food and equipment on the day of cooking, at the end of the day. This is the students' responsibility and a health and safety requirement. It is the student's responsibility to check the website if they have been absent or in isolation. Planner comments will be given for not bringing ingredients to practical lessons. If access to the internet is difficult students can use homework club to find the ingredients required.

Please note that due to PD lessons, examinations, school activities and unscheduled school closure the plan below could change and students should make a note in their planner where possible. Always use the recipe list for the date shown on the plan.

Year 7

Please make sure all equipment is clearly labelled, as the food room is a busy place with many dishes being produced each day.

Rotation 1 – ingredients list in table below all rotation dates

Week beginning 29 th August	No practical
Week beginning 5 th September	Fruit Crumble
Week beginning 12 th September	No practical
Week beginning 19 th September	Stir Fry
Week beginning 26 th September	No practical
Week beginning 3 rd October	Pizza
Week beginning 10 th October	No practical
Week beginning 31 st October	No practical

Rotation 2 – ingredients list in table below all rotation dates

Week beginning 7 th November	No practical
Week beginning 14 th November	Fruit Crumble
Week beginning 21 st November	No practical
Week beginning 28 th November	Stir Fry
Week beginning 5 th December	No practical
Week beginning 12 th December	No practical
Week beginning 2 nd January	Pizza

Rotation 3 – ingredients list in table below all rotation dates

Week beginning 9 th January	No practical
Week beginning 16 th January	Fruit Crumble
Week beginning 23 rd January	No practical
Week beginning 30 th January	Stir Fry
Week beginning 6 th February	No practical
Week beginning 20 th February	Pizza

Rotation 4 – ingredients list in table below all rotation dates

Week beginning 27 th February	No practical
Week beginning 6 th March	Fruit Crumble
Week beginning 13 th March	No practical
Week beginning 20 th March	Stir Fry
Week beginning 27 th March	No practical
Week beginning 17 th April	Pizza

Rotation 5

Week beginning 24 th April	No practical
Week beginning 1st May	Fruit Crumble
Week beginning 8 th May	No practical
Week beginning 15 th May	Stir Fry
Week beginning 22 nd May	No practical
Week beginning 29 th May	Pizza
Week beginning 5 th June	No practical
Week beginning 12 th June	No practical

Fruit Crumble

1 tin of fruit pie filling
175g plain flour
125g butter/block
margarine
100g caster sugar

Medium sized
ovenproof dish and
container

Stir Fry

1 x medium/large
chicken
breast/quorn chicken
or 100g tofu
1 tsp of chilli powder-
optional
1 clove garlic
1tsp fresh/ground ginger
(optional)
½ red onion
1/2 green pepper
1/2 yellow pepper
1 Tbsp oil
2-3 mushrooms
1x10ml spoon soy sauce
1x 25-50g pack **ready to
fry** noodles

Container needed

Pizza

250g strong plain bread
flour
7g sachet yeast
½tsp salt
1tsp sugar
3 tbsp
tomato puree or 100ml
passata/pizza suce
1tsp mixed
herbs/oregano/basil
150g grated cheese
8 slices of pepperoni or 2
slices of boiled
ham(optional)
Large container required
or pizza box

Year 8

Please make sure all equipment is clearly labelled, as the food room is a busy place with many dishes being produced each day.

IF YOUR LESSON FALLS ON A BANK HOLIDAY YOU WILL MISS THAT PRACTICAL

Rotation 1 – ingredients list in table below all rotation dates

Week beginning 29 th August	No practical
Week beginning 5 th September	Lemon Drizzle
Week beginning 12 th September	No practical
Week beginning 19 th September	Quiche
Week beginning 26 th September	No practical
Week beginning 3 rd October	Puff pastry plait
Week beginning 10 th October	No practical
Week beginning 31 st October	No practical

Rotation 2 – ingredients list in table below all rotation dates

Week beginning 7 th November	No practical
Week beginning 14 th November	Lemon Drizzle
Week beginning 21 st November	No practical
Week beginning 28 th November	Quiche
Week beginning 5 th December	No practical
Week beginning 12 th December	No practical
Week beginning 2 nd January	Puff pastry plait

Rotation 3 – ingredients list in table below all rotation dates

Week beginning 9 th January	No practical
Week beginning 16 th January	Lemon Drizzle
Week beginning 23 rd January	No practical
Week beginning 30 th January	Quiche
Week beginning 6 th February	No practical
Week beginning 20 th February	Puff pastry plait

Rotation 4 – ingredients list in table below all rotation dates

Week beginning 27 th February	No practical
Week beginning 6 th March	Lemon Drizzle
Week beginning 13 th March	No practical
Week beginning 20 th March	Quiche
Week beginning 27 th March	No practical
Week beginning 17 th April	Pizza

Rotation 5

Week beginning 24 th April	No practical
Week beginning 1 st May	Lemon Drizzle
Week beginning 8 th May	No practical
Week beginning 15 th May	Quiche
Week beginning 22 nd May	No practical
Week beginning 29 th May	Pizza
Week beginning 5 th June	
Week beginning 12 th June	No practical

Lemon Drizzle Cake

175g soft margarine
175g caster sugar*
3 eggs
175g SR flour
1 lemon
75g caster sugar*

(*2 quantities of caster sugar are needed)

Container needed

Quiche Lorraine

50g block
margarine/butter
50g lard/white fat
200g plain flour
2 eggs
200ml milk
75g cheese
2 slices of lean bacon
½ medium onion
1 tbsp. oil

Specialist equipment
needed: Flan dish

Puff pastry Plait

1 pack of puff
pastry
2 eggs
1 red pepper
1 red onion
1 spring onion
200g sausage meat (if
vegetable option swap
for 150g cheddar cheese)

Container needed

Year 9

Please make sure all equipment is clearly labelled, as the food room is a busy place with many dishes being produced each day.

Students will be completing a practical once every two weeks on most occasions.

Week beginning 29th August	No practical
Week beginning 5th September	Courgette, onion and cheese muffins
Week beginning 12th September	No practical
Week beginning 19th September	Roasted vegetable and pasta medley
Week beginning 26th September	No practical
Week beginning 3rd October	Jambalaya
Week beginning 10th October	No practical
Week beginning 31st October	Cottage Pie
Week beginning 7th November	No practical
Week beginning 14th November	Bread rolls
Week beginning 21st November	No practical
Week beginning 28th November	Ricotta and spinach lasagne
Week beginning 5th December	Cheese and vegetable pasties
Week beginning 12th December	No practical
Week beginning 2nd January	No practical
Week beginning 9th January	No practical
Week beginning 16th January	Decorated Swiss roll
Week beginning 23rd January	No practical
Week beginning 30th January	Fishcakes
Week beginning 6th February	No practical
Week beginning 20th February	Chelsea buns
Week beginning 27th February	No practical
Week beginning 6th March	Presentation practical (recipe given in class)

Week beginning 13 th March	Small quiches
Week beginning 20 th March	No practical
Week beginning 27 th March	Calzone
Week beginning 17 th April	No practical
Week beginning 24 th April	Chicken and leek pie
Week beginning 1 st May	No practical
Week beginning 8 th May	Fruit pie
Week beginning 15 th May	No practical
Week beginning 22 nd May	Lemon flan
Week beginning 29 th May	No practical
Week beginning 5 th June	Chocolate cake
Week beginning 12 th June	No practical

WB 29 th August	WB 5 th Sept	WB 12 th Sept	WB 19 th Sept
<u>No Practical</u>	<u>Courgette, onion and cheese muffins</u> 225g self-raising flour (wholemeal if possible) 50ml oil 175ml semi-skimmed milk 1 egg 100g cheddar cheese 1 small courgette (skin left on) 1 small onion black pepper 12 muffins cases	<u>No Practical</u>	<u>Roasted Vegetable and Pasta Medley</u> 1 red pepper 1 medium courgette 1 onion 1 sweet potato or parsnip 2 tbsp oil 100g penne or other shape 50g unsalted butter 50g plain flour 500ml milk ½ tsp dried mustard (supplied) 100g mature cheddar cheese Specialist equipment needed: Medium to large ovenproof casserole or lasagne Dish
WB 26 th Sept	WB 3 th Oct	WB 10 th Oct	WB 31 st Oct
<u>No practical</u>	<u>Jambalaya</u> 1 or 2 chicken breasts or 200g Quorn 50g chorizo sausage (optional) 2 cloves garlic 150g long grain rice 1 pepper 1 large onion 1 stick celery	<u>No Practical</u>	<u>Cottage pie</u> 250g minced beef or lamb 1 medium onion 1 medium carrot 1 glove garlic 1 stick of celery 200g can chopped tomatoes 1 tbsp. tomato puree

	<p>1 tbsp oil 1 tsp dried thyme 1 tsp paprika 1 tsp tabasco sauce 1 chicken stock cube 400g can chopped tomatoes</p>		<p>1 tsp dried mixed herbs ground black pepper 300g old potatoes suitable for mashing 1 medium sized leek 1 tbsp. olive oil 10g butter 2 tbsp. milk 50g grated cheddar cheese Specialist equipment needed: Medium to large ovenproof casserole or lasagne dish</p>
WB 7 th Nov	WB 14 th Nov	WB 21 st Nov	WB 28 th Nov
<u>No Practical</u>	<p><u>Bread rolls</u> 450g strong plain flour ½ tsp salt 7g sachet of yeast 1 tsp sugar 1 egg</p> <p>Extra ingredient options: sun dried tomatoes, herbs, spices.</p>	<u>No Practical</u>	<p><u>Ricotta and Spinach Lasagne</u> 1 tbsp. oil 1 medium onion 1 clove garlic 1 aubergine 1 pepper 1 courgette 400g chopped tomatoes 1 tsp mixed herbs 150g spinach 1 egg 200g ricotta cheese black pepper and nutmeg 25g butter or vegetable spread 25g plain flour 300ml milk 70g grated cheese 8-10 sheets of dried lasagne sheets Specialist equipment needed: Medium to large ovenproof casserole or lasagne Dish</p>
WB 5 th Dec	WB 12 th Dec	WB 2 nd Jan	WB 9 th Jan
<u>Cheese and vegetable pasties</u> 200g plain flour	<u>No practical</u>	<u>No Practical</u>	<u>No practical</u>

100g block vegetable fat or butter 1 tsp mixed herbs 1 egg 1 small onion 1 stalk celery 1 small potato 1 small carrot 25g butter or vegetable oil 50g strong cheddar cheese black pepper			
WB 16 th Jan	WB 23 rd Jan	WB 30 th Jan	WB 6 th Feb
<u>Decorated Swiss roll</u> 3 eggs 75g caster sugar 75g plain flour 2 tbsp jam or lemon curd 2 tbsp sugar for rolling Food colouring of your choice	<u>No practical</u>	<u>Fishcakes</u> 350g potatoes 200g canned tuna or cooked fish (e.g. Haddock) 25g butter or vegetable fat spread 1 egg small bunch parsley 200g dried breadcumbs pinch of pepper	<u>No Practical</u>
WB 20 th Feb	WB 27 th Feb	WB 6 th March	WB 13 th March
<u>Chelsea buns</u> 450g strong plain flour 1 x 7g sachet of yeast	<u>No practical</u>	<u>Recipe given in class</u>	<u>Small Quiches</u> 200g plain flour 50g lard/Trex 50g butter/hard margarine 2 egg 125ml milk 50g cheese

50g caster sugar 50g butter or vegetable fat spread 2 eggs 250ml milk Filling: 1 level tsp mixed spice 100g dried mixed fruit 25g butter 2 tsp Demerara sugar Glaze:			6 cherry tomatoes ½ tsp mixed dried herbs Large container to transport home safely
2 tbsp. milk 2 tbsp. sugar			

WB 20 th March	WB 27 th March	WB 17 th April	WB 24 th April
<u>No Practical</u>	<u>Calzone</u> 250g strong plain flour 1 sachet of yeast ½ tsp salt 3 tbsp tomato puree 100g cheese ½ pepper ½ onion 4 mushrooms Protein topping of your choice eg pepperoni, tuna, ham	<u>No Practical</u>	<u>Chicken and Leek Pie</u> 2 medium chicken breasts 1 large leek 50g butter / 2tbsp olive oil 1.5kg potatoes (3 large) dependent on size of dish 50ml milk <u>Roux sauce</u> 25g butter/hard margarine 25g plain flour 250ml milk Specialist equipment needed: Ovenproof dish suitable for a casserole or lasagne – deep enough to hold potato topping
WB 1 st May	WB 8 th May	WB 15 th May	WB 22 nd May
<u>No Practical</u>	<u>Fruit Pie</u> 750g eating/cooking apples 50g sugar 300g plain flour 75g lard/Trex 75g butter/hard margarine Specialist equipment needed: Flan dish	<u>No Practical</u>	<u>Lemon Flan</u> 300ml double cream 397g can condensed milk (not light or evaporated) 3 medium or 2 large lemons 250g digestive biscuits 125g butter or block margarine Specialist equipment needed: Flan dish
WB 29 th May	WB 5 th June	WB 12 th June	
<u>No Practical</u>	<u>Chocolate cake</u> 150g soft margarine 150g caster sugar 125g SR flour 3 eggs 50g cocoa powder 150g butter 300g icing sugar	<u>No Practical</u>	

