



MENU

FOOD & NUTRITION YEAR 7

Fruit Salad
Vegetable Kebabs
Golden Vegetable Soup
Bread Rolls
Scones



MENU

INGREDIENTS

2 small cartons or 1 large carton with a resealable cap of fresh fruit juice.

A selection of fresh fruit.

A container to take it home in.

FRUIT SALAD



METHOD

1. Pour your juice into your container.
2. Prepare all your fruit.
3. Place your fruit into the container with the juice.
4. Wash/ dry and put away the equipment used.



MENU

INGREDIENTS

- 1 Courgette
- 1 Yellow Pepper
- 8 Cherry tomatoes
- 8 Button mushrooms

For the marinade

(Provided by school, but students can bring in their own if they wish)

- 2 x 5ml spoons of soy sauce
- 2 x 5ml spoons of oil
- 2 x 5ml spoons of honey

VEGETABLE KEBABS



METHOD

1. Place of the ingredients for the marinade in a small bowl and gently mix together. Leave to one side.
2. Pre-heat the grill.
3. Cut the pepper into quarters and then cut each quarter in half to make eight pieces. Discard any seeds.
4. Top and tail the courgette then cut in half. Cut each half into half again to make four pieces of courgette. Then cut each piece in half again to make eight pieces of courgette that are the same size.
5. Place the mushrooms and cherry tomatoes on a plate.
6. Take a kebab stick and carefully thread a tomato on to the stick. Then thread a piece of pepper on to the stick, followed by a mushroom and then a piece of courgette.
7. Repeat the above step so you have eight vegetable pieces on the kebab stick.
8. Make the other three vegetable kebabs by repeating steps 6 and 7.
9. Brush the vegetable kebabs with marinade.
10. Place the kebabs under a pre-heated grill, turning occasionally with tongs until they are golden brown.



MENU

INGREDIENTS

1 Onion
1 Potato
1 Carrot
25g Butter
500ml Water (School provide)
1 Vegetable/ chicken stock cube.
Salt and Pepper (School provide)

GOLDEN VEGETABLE SOUP



METHOD

1. Peel/wash the vegetables.
2. Chop the carrot, potato and onion.
3. Put the butter in a large saucepan then fry the vegetables, stirring for 5 minutes.
4. Add the water, stock cube, salt and pepper and bring to the boil.
5. Simmer the soup for about 20 minutes to soften the vegetables.
6. Remove the soup from the heat then use a stick blender to blend until the soup is smooth.



MENU

INGREDIENTS

250g Strong plain flour
25g Margarine
1 Sachet Yeast
150ml Water (School provide)
1/2 tsp Sugar (School provide)
1/8 tsp Salt (School provide)

BREAD ROLLS



METHOD

1. Preheat the oven at 200-220oc.
2. Place the flour, yeast and margarine in a large bowl.
3. Rub in the margarine until it resembles breadcrumbs.
4. Gradually add the warm water until a soft dough is formed.
5. Knead the dough for 10 minutes.
6. Shape the dough, place on a baking tray and leave to prove in a warm place. Place in grill (turned off).
7. Bake at 200-220oc until golden brown. Approx 10-12 mins.



MENU

INGREDIENTS

225g Self-raising flour

50g Cold margarine or butter

150ml Milk

25g Castor sugar

50g Fruit (Dried) Own choice of fruit

SCONES



METHOD

1. Sieve the flour into a large glass bowl.
2. Rub in the margarine/ butter with your finger tips until it resembles breadcrumbs.
3. Add the sugar and fruit.
4. Gradually add the milk until a soft dough is formed.
5. Roll out the mixture to 2/3cm thick.
6. Use a cutter to cut the dough. Stamp, DO NOT twist.
7. Place on a baking tray and brush with the milk/ egg glaze.
8. Bake in the oven at 200oc for 10-15 minutes.