**Food and Nutrition**

 **Ingredients/Equipment**

**Class 4 Summer 2025**

 Please remember that High Risk ingredients (Cheese or meats etc.) should be stored in the fridge at the beginning of the school day. Container should ideally be a 3l size to be able to fit most of the items we make and have the students name on it.

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|  Practical   |  What to Bring  |  Date |
|  Nut Free Bakewell Tart | No ingredients required  20cm round tin | Tue 22nd Apr (A)   |
| Own dish from plan made before Easter break | Ingredients as per students recipe and container |  Mon 28th Apr (B) |
|  Macaroni or Cauliflower or Broccoli Cheese.Thickening of a sauce - Gelatinisation | 1 Slice of bread100g Hard CheeseChoose Cauliflower or Broccoli. We have MacaroniContainer to transport home in  |  Tue 6th May (A) |
|  Welsh Cakes |  Container with a lid  |  Mon 12th May (B) |
| Mini Quiche (Coagulation) |  Small amount of Ham and/or onion and or pepper/ mushroom etc50g CheeseContainer with a lid   |  Tue 20th May (A) |
| **HALF TERM** | **HALF TERM** | **HALF TERM** |
| Crunchie Bar |  100g milk ChocolateContainer with a lid  |  Mon 2nd June (B) |
| Retro Pudding – Cornflake tart | Jam of choice20 cm low round baking tin if availableContainer with a lid |  Tue 10th June (A) |
|  Vegan Brownie  |  100g Dark/Plain chocolateContainer with a lid  |  Mon 16th June (B) |

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| Mini Apple Tarts |  2 large cooking apples or 3 dessert applesContainer with a lid  |   Mon 24th June (A) |
| Gluten Free Cup Cakes and planning own dish | Container with a lid |  Mon 30th June (B) |
| Own Dish. | Ingredients as per plan from previous lesson.Container with a lid  |   Tue 8th July (A) |
| Independent choice from school recipes.To be discussed in class. | Container with a lid  | Mon14th July (B) |
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