**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 bread  100g Hard Cheese  Choose Cauliflower or Broccoli. We have Macaroni  Container 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 etc  50g Cheese  Container with a lid | Tue 20th May (A) |
| **HALF TERM** | **HALF TERM** | **HALF TERM** |
| Crunchie Bar | 100g milk Chocolate  Container with a lid | Mon 2nd June (B) |
| Retro Pudding – Cornflake tart | Jam of choice  20 cm low round baking tin if available  Container with a lid | Tue 10th June (A) |
| Vegan Brownie | 100g Dark/Plain chocolate  Container with a lid | Mon 16th June (B) |

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| Mini Apple Tarts | 2 large cooking apples or 3 dessert apples  Container 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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