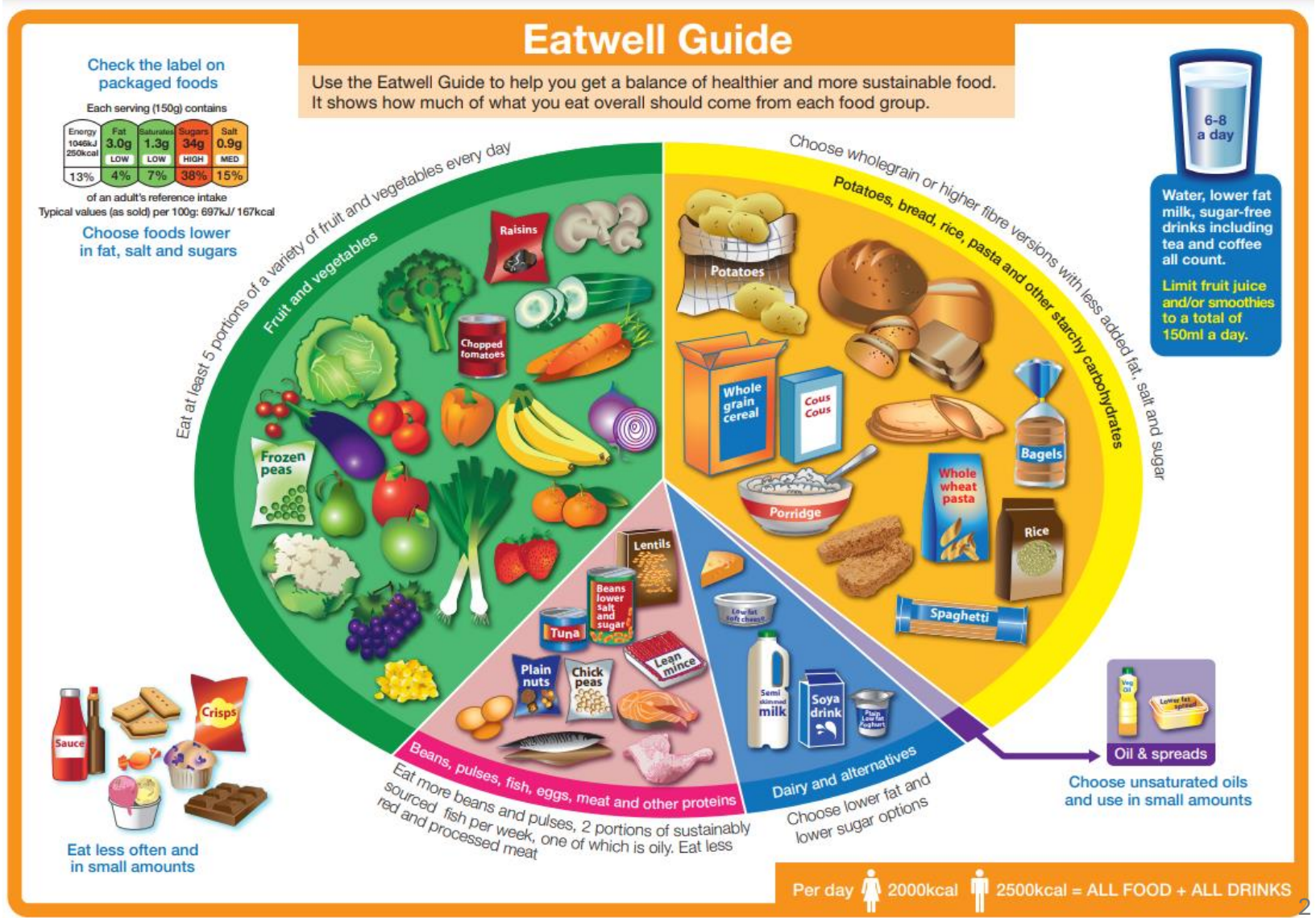




Year 7
Food Prep and Nutrition
Recipe book
2025-26

The Eatwell Plate

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a **healthy, balanced** diet. The recipes you will learn how to cook this year will (almost) all involves fruits and vegetables, cooked in delicious ways!



Key information

In this booklet you will find a list of all the recipes for Y7 Food Prep and Nutrition

Please keep this recipe book in a safe place at home.

You will be cooking once per fortnight during your time in Food Prep.

You need to ensure you bring the correct ingredients in a labelled container on the day you are cooking.

School provides some herbs and spices and these ingredients will be marked SWP (school will provide) to keep costs down for you.

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Fruit salad



Skills & cooking method

Skills level:
low

Equipment	Ingredients
White chopping board	1 Apple or pear
Knife	1 Satsuma
Peeler	1 Kiwi
	Handful of grapes or berries
Container to take home	2 tbsp orange juice (SWP)

Food Science Key Terms

Bridge and claw: a safe way to use the knife consistently.

Enzymic Browning: on chopping fruit can become brown due to enzymes breaking down the cells of the fruit.

Acid: The fruit juice acts as an acid to slow down the enzymic browning process.

Fruit salad

Do it now	
1. Apron, hair, hands. 2. Collect equipment and ingredients	3. WASH HANDS

Method	Safety and Hygiene	Food Quality
1. Rinse the fruit that will not be peeled in a colander.	To remove any bacteria from the fruit	
2. Use an apple corer and firmly press it down through the core of the apple and pull out.	Careful with sharpness of corer. Place the core in the	
3. Use the bridge and claw to chop the apple.	Use the bridge and claw method	Cut into small chunks
4. Use a peeler to peel the kiwi, then cut down the middle and slice		
5. Peel the satsuma and cut pieces in half.		
6. Chop the grapes or strawberries in half.		
7. Place all chopped fruit in a container then pour over 2 tbsp orange juice. Wash up	Use hot soapy water.	

Pitta pizzas



Skills & cooking method

Skills level: low

Equipment	Ingredients
White Chopping board Knife Grater Spatula Measuring spoons Spoon	½ Pepper 1 Spring onion 1 mushroom 30g hard cheese, e.g. cheddar 2 Pitta Bread (or 2 slices of bread) 2 x 15ml spoons pizza sauce (swp) ½ x 5ml spoon mixed herbs (swp)

Key skills

Weigh
Measure
Cut, chop, slice, dice and trim
Grate
Grill
Heat is transferred by **radiation** from the grill.

Pitta pizzas

Do it now

- | | |
|--|---------------------------------------|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. WASH HANDS
4. Preheat the grill |
|--|---------------------------------------|

Method	Safety and Hygiene	Food Quality
1.Slice the pepper, spring onion and mushroom.	Use the bridge and claw method.	Cut into small chunks, thin slices.
2.Grate the cheese.	Keep fingers well away from grater.	
3.Place the bread under the grill and toast on one side.	Use oven gloves.	
4.Remove the bread from the grill and place on the chopping board uncooked side up.	Use oven gloves.	
5.Spread the tomato sauce over the bread using the back of the spoon.		Spread evenly
6.Sprinkle cheese over evenly and arrange the pepper, mushroom and onion over the slices.	Ensure hands are clean	
7.Place under the grill until the cheese bubbles	Using oven gloves	
8.Wash up	Use hot soapy water	

Fruity flapjack



Skills & cooking method

Skills level:
low

Equipment	Ingredients
Saucepan	250g oats
White chopping board	90g sugar
Knife	120g butter or margarine
Wooden Spoon	4 x 15ml spoons of golden syrup
Disposable foil (swp)	100g dried fruit
Parchment lined baking tray	
Scales	

Food Science Key Terms

Melting Method: The solid butter is hard at room temperature, but then melts on a higher heat and is used in baking.

Temperature Control: Ensure the hob is on a medium/low heat and oven on the correct temperature.

Heat is transferred by conduction in the pan and convection in the oven.

Do it now

- | | |
|--|--|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. Preheat oven to 180C
4. WASH HANDS |
|--|--|

Method	Safety and Hygiene	Food Quality
1. Chop the dried fruit into small pieces.		
2. Place butter or margarine, sugar and syrup into a saucepan and heat gently until it has melted.	Careful of the hob	Check temperature on a medium / low heat
3. Stir in the oats and the fruit and mix well.		Ensure it is all coated.
4. Pour the mixture into the foil on the baking tin and press it down.	Careful with the hot mixture, ensure it is on the baking tray.	Use the wooden spoon and aim for an even spread
5. Bake for 15-20 minutes until lightly browned. Wash up.	Use hot, soapy water.	
6. Remove from the oven and mark into bars whilst warm.	Use oven gloves.	Cut into even bars.

Layered pasta salad



Skills & cooking method

Skills level: low

Equipment	Ingredients
Saucepan White chopping board Knife Colander	75g dried pasta shapes 1 small carrot 75g cooked sliced chicken/tuna/ham/ hard-boiled egg/ kidney beans/ grated cheese. 1 baby gem lettuce (or a few salad leaves) 1 tomato 2 x 15ml spoons low fat dressing <u>Select two of the following</u> ¼ cucumber, ½ sweet pepper (any colour) 2 spring onions, 4 radishes

Food Science Key Terms

Simmering: the food is submerged in boiling water that is gently bubbling.

Vegetables: Can be in a multitude of colours and contains a large variety of vitamins and minerals.

Bridge and Claw: The safe method to handle a knife when chopping vegetables.

Heat is transferred by **conduction** in the pan.

Layered pasta salad

Do it now

- | | |
|--|---------------|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. WASH HANDS |
|--|---------------|

Method	Safety and Hygiene	Food Quality
1.Bring a small saucepan of water to the boil, then add the pasta.	Check that the pan does not over boil.	
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.	Use the bridge and claw method.	For precision try to cut chunks into equal sizes.
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.	Careful when carrying pan over to the sink, have the colander in sink before bringing over the pan	
4.Place the pasta in the serving dish and stir in 1x15ml spoon of dressing		Stir dressing into pasta
5.Assemble the remaining ingredients over the pasta in layers.		Keep in even layers so the layers can be seen in container.
6.Drizzle over the remaining dressing and wash up.	Use hot, soapy water.	

Vegetable stir fry



Skills & cooking method

Skills level: low

Equipment	Ingredients
White chopping board Knife Frying pan Wooden Spatula Colander Container to take home	Mangetout 40g 1 pepper 1 small onion 3 mushrooms Bean Shoots (swp) Packet of ready to wok noodles 1 garlic clove (swp) 1 tbsp soy sauce (swp) 1 tbsp honey (swp) ½ tsp Chinese five spice 1 tbsp oil (swp)

Food Science Key Terms

Bridge and claw: a safe way to use the knife consistently.

Shallow Frying: the heat from pan to cook the vegetables is called **conduction**.

Caramelisation: The naturally occurring sugar in the vegetables when heated change flavour and turn brown.

Do it now		
1. Apron, hair, hands. 2. Collect equipment and ingredients	3. WASH HANDS	
Method	Safety and Hygiene	Food Quality
1.Rinse the vegetables in a colander		
2.Slice the pepper and mangetout into strips, slice the mushrooms, cut the onion into slices.	Use the bridge and claw	
3.Heat the pan with the oil, honey, soy sauce, garlic and Chinese five spice.		Do not burn, this is just to heat up.
4.Add in the vegetables and stir fry for 5-7 minutes until slightly softened then add beansprouts for another minute.	Stay with pan stirring with spatula	
5.Add the noodles and stir fry for another 5 minutes.		Ensure the sauce is mixed through the noodles.
6.Turn off heat on hob then empty pan into your container.	Ensure your hob is turned off careful with hot frying pan.	
7.Wash up.		

Fruity Muffins



Skills & cooking method		Skills level: low
Equipment	Ingredients	
Sieve	125g self-raising flour	
Large mixing bowl	50g caster sugar	
Measuring Jug	1 x 5ml (teaspoon) baking powder (swp)	
Fork	120ml semi skimmed milk	
Dessert spoon	30ml vegetable oil (swp)	
Tablespoon	1 egg	
Muffin tray	75g fruit fresh dried or canned (banana, apple, berries, glace cherries etc.)	
	6 muffin cases	
	Container to take muffins home	

Food Science Key Terms

The use of oil in the buns instead of butter gives a spongy texture and more moisture to the buns.

The heat transfer is by convection in the oven and conduction with the oven tray.

Dextrinisation: where the starch from the flour turns into dextrin sugars and produces a golden brown colour and changes the flavour.

Do it now

- | | |
|--|--|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. WASH HANDS
4. Preheat oven to 180C |
|--|--|

Method	Safety and Hygiene	Food Quality
1. Place the muffin cases into the muffin tin.		Use a 'light touch' with tips of fingers.
2. Mix the flour, baking powder and sugar in a large mixing bowl.		
3. Mix the egg, oil and milk in a measuring jug together. Beat with a fork.	Wash hands after cracking egg and put egg-shell in waste bin.	Ensure egg is thoroughly whisked.
4. Add the contents of the jug to the dry ingredients in the mixing bowl and stir to combine with a wooden spoon.		.
5. Stir in the fruit.		
6. Quickly divide the mixture equally between the cake cases using 2 metal spoons.		
7. Bake for 20-25 minutes until golden brown. Wash up.	Use oven gloves Use hot soapy water	
8. Remove from oven and allow to cool on a cooling rack.	Use oven gloves	Ensure it has cooled before transferring into container.

Spinach, potato and chickpea curry



Equipment	Ingredients
White chopping board	1 small onion
Knife	1 garlic clove (swp)
Large Pan	1 tbsp oil (swp)
Wooden Spatula	15ml x 2 curry paste
Colander	1 large potato
Jug	400g can chopped tomatoes
Can opener	400g can chick peas
	3 handfuls of fresh spinach (swp)
Container to take home	100ml water (swp)

Food Science Key Terms

Bridge and claw: a safe way to use the knife consistently.

Simmering: cooking on the hob on a gentle (lower) heat, this will reduce the sauce enriching the flavour and slowly cook through.

Maillard Reaction: The vegetables when heated change flavour and colour caused by this reaction.

Spinach, potato and chickpea curry

Do it now

1. Apron, hair, hands. 2. Collect equipment and ingredients	3. WASH HANDS
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Method	Safety and Hygiene	Food Quality
1. Rinse the vegetables in a colander		
2. Peel and slice the onion, cube the potatoes, drain the chickpeas.	Use the bridge and claw	
3. Fry the onion and garlic for 2 minutes in the oil.		Heat gently until onions softened. Do not burn, this is just to heat up.
4. Stir in the curry paste potatoes and water.	Stay with pan stirring with spatula	
5. Add the tomatoes and chickpeas then put lid on and allow to simmer for 20 minutes, until the potato is soft. Wash up.	Ensure pan handle is not facing outwards.	Occasionally stir
6. Stir in the fresh spinach and allow to cook for a further 2 minutes.	Ensure your hob is turned off careful with hot pan.	
7. Pour curry into a container and wash up.	Careful when pouring into container not to splash as it will be HOT. Use hot soapy water.	

Breaded chicken



Skills & cooking method		Skills level: low
Equipment	Ingredients	
Red Chopping board	1 chicken breast / Quorn fillet	
Knife	2 slices of bread (swp)	
2 bowls	1 egg	
1 plate	50g Plain flour	
Lined oven tray	A container to carry home in	

Food Science Key Terms
<p>Cross Contamination where pathogens from another food contaminate a food.</p> <p>Enrobing where a food is enrobed or coated by another food: i.e. chicken is coated in breadcrumbs.</p> <p>Dextrinisation; where the sugars in carbohydrate food harden and change colour and flavour from heat.</p> <p>Heat is transferred by Convection from the oven.</p>

Breaded chicken

Do it now

- | | |
|--|---|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. WASH HANDS
4. Turn the oven onto 200C |
|--|---|

Method	Safety and Hygiene	Food Quality
1.Prepare the ingredients and equipment, including setting up the bowls and plate in order.		
2.Blitz the bread in the food processor until fine breadcrumbs. Pour breadcrumbs onto a plate.	This needs to be supervised.	
3.Slice the meat into long equal pieces.	Use the red chopping board. Wash hands	
4.Beat the egg in a small bowl and put the flour into a bowl.		Ensure the egg is all beaten
5.Dip the chicken into the flour, then beaten egg and then breadcrumbs.	Wash hands after	Ensure it is thoroughly coated.
6.Place the breaded chicken / quorn onto the baking tray. Bake for 20 minutes until golden brown.	Use oven gloves / sheet	
7.When finished wash up your equipment and clean your area.	Use hot soapy water	
8.Remove from the oven and place into a container.	Use oven gloves	

Apple & sultana crumble



Skills & cooking method		Skills level: low
Equipment		Ingredients
Weighing scales Mixing bowl Baking tray Oven proof dish Knife Chopping board Cutlery knife Jug Apple Corer		2 medium sized cooking apples 50g sugar 50g sultanas 100ml water (swp) <u>Crumble</u> 100g plain flour 50g butter or margarine (hard) 50g sugar (any except icing sugar) 25g oats

Food Science Key Terms
<p>The flour is rubbed into the fat to resemble breadcrumbs.</p> <p>Heat is transferred by conduction in the pan and convection in the oven.</p> <p>Stewing: Stewing fruit means to cook slowly with a small amount of liquid.</p>

Apple & sultana crumble

Do it now

- | | |
|--|---------------|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. WASH HANDS |
|--|---------------|

Method	Safety and Hygiene	Food Quality
1. Peel and core the apples then cut into 2cm chunks.	Use the corer and knife carefully.	
2. Add to the saucepan with 50g sugar and 100ml water and gently cook, stirring occasionally until softened. Add sultanas if using. Leave to cool.	Do not leave the pan unattended.	
3. Put 100g flour into a mixing bowl, rub in the 50g butter or margarine until it resembles breadcrumbs.		Ensure all large lumps have gone
4. Add the 50g sugar and 25g oats and mix thoroughly.		
5. Spoon the stewed apples into your dish, then sprinkle over the crumble.	Use tablespoon	
6. Bake at home for about 25-30 minutes, 180C or gas mark 4 until crumble is golden	Use oven gloves.	
7. Wash up.	Use hot, soapy water.	

Skills & cooking method

Skills level:
low

Courgette and cheese muffins



Equipment	Ingredients
Muffin tin Chopping board Knife Grater Measuring jug Mixing bowl Wooden spoon 2 spoons Cooling rack	225g self-raising flour 1 small courgette 100g cheddar cheese 50ml oil (vegetable) 175ml semi-skimmed milk 1 egg Black pepper (swp) 12 muffin cases Container to take muffins home

Food Science Key Terms

Dextrinisation: where the starch from the flour turns into dextrin sugars and produces a golden brown colour and changes the flavour.

Coagulation: Whereby proteins change shape from heat, then cool and set.

The heat transfer is by **convection** in the oven and **conduction** with the oven tray.

Courgette and cheese muffins

Do it now

- | | |
|--|--|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. WASH HANDS
4. Preheat oven to 200C |
|--|--|

Method	Safety and Hygiene	Food Quality
1.Place the muffin cases in the muffin tin.		Use a 'light touch' with tips of fingers.
1.Rinse the courgette, then using a knife on the chopping board cut off the ends of the courgette.	Ensure courgette is washed under cold water tap.	
2.Grate the courgette and cheese using a grater on the chopping board. Place the cheese and courgette in a mixing bowl.	Careful of fingers using the grater.	
3.Measure the milk in a measuring jug, crack the egg into the measuring jug and whisk the egg lightly using a fork.	Wash hands after cracking egg and put eggshell in waste bin.	Ensure egg is thoroughly whisked.
4.Add the egg to the mixing bowl with flour, milk, oil and black pepper along with the courgette and cheese and mix together using the wooden spoon.		If very dry add a tablespoon of cold water.
5.Using 2 spoons, divide the mixture equally between the muffin cases using the 2 metal spoons.		Ensure it is evenly distributed.
6.Bake for 12 – 15 minutes until golden brown Wash up.	Use oven gloves. Use hot soapy water.	
7.Remove from oven and allow to cool on a cooling rack.	Use oven gloves.	Ensure it has cooled before transferring into container.

Spicy Tomato Soup



Skills & cooking method		Skills level: low
Equipment		Ingredients
Saucepan		1 small onion
Wooden Spatula		1 grated carrot (grated at home)
Measuring jug		1 small potato
White chopping board		Can chopped tomatoes (400g)
Knife		Stock cube
Electric stick blender		500 ml boiling water (swp)
		½ teaspoon Chilli flakes (swp)
		1 tablespoon tomato puree (swp)

Food Science Key Terms
<p>Simmering: the food is submerged in boiling water that is gently bubbling.</p> <p>Blending: The food is blended into a smooth even texture.</p> <p>Heat is transferred by conduction in the pan.</p>

Spicy tomato soup

Do it now

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Apron, hair, hands. 2. Collect equipment and ingredients | <ol style="list-style-type: none"> 3. WASH HANDS |
|--|---|

Method	Safety and Hygiene	Food Quality
1. Peel the potatoes and cut into chunks.		Cut into small chunks.
1. Peel and slice the onion.	Use the bridge and claw method	
1. Put all the vegetables, including the can of chopped tomatoes and carrot, into a saucepan.		
1. Crumble the stock cube into a jug, carefully add 500ml of hot water, stir to dissolve.		
1. Add the stock to the vegetables and bring the pan to the boil, then simmer for 20 minutes.	Careful when leaving soup simmering. Ensure handle is not over the front edge of the cooker	Stir occasionally to avoid sticking to pan.
1. Add the chilli flakes and tomato puree.		
1. Blend until smooth with a hand blender. Transfer into a sealed container.	Only switch on the blender at the power until ready to use. Switch off and careful when washing it up	

Rock cakes



Equipment	Ingredients
Sieve	200g self-raising flour
Medium mixing bowl	75g butter or baking fat / block
Dessertspoon	75g sugar
Tablespoon	75g mixed dried fruit
Measuring jug	1 egg
Fork	1 tsp mixed spice, cinnamon or ginger (swp)
Baking tray lined with greaseproof	Container to take rock cakes home

Food Science Key Terms

Rubbing in: where the flour proteins are coated with a layer of fat, resulting in water finding it harder to get through, resulting in less gluten and tender crumb

Light touch: rubbing in lightly to aim for breadcrumb consistency rather than clumps.

The heat transfer is by **convection** in the oven and **conduction** with the oven tray.

Dextrinisation: where the starch from the flour turns into dextrin sugars and produces a golden brown colour and changes the flavour.

Do it now	
1. Apron, hair, hands. 2. Collect equipment and ingredients	3. WASH HANDS 4. Preheat oven to 220C

Method	Safety and Hygiene	Food Quality
1.Sift the flour into the bowl. Rub the fat into the flour until it resembles breadcrumbs.		Use a 'light touch' with tips of fingers.
2.Stir in the sugar and dried fruit.		
3.Crack the egg into the measuring jug and whisk the egg lightly using a fork.	Wash hands after cracking egg and put egg shell in waste bin.	Ensure egg is thoroughly whisked.
4.Make a well in the middle of the flour and carefully add the egg.		.
5.Mix to form a soft, yet firm dough.		If very dry add a tablespoon of cold water.
6.Using 2 spoons, divide the dough into 8 'rocks' and place on the baking tray.		
7.Bake for 12 – 15 minutes until golden brown Wash up.	Use oven gloves Use hot soapy water	
8.Remove from oven and allow to cool on a cooling rack	Use oven gloves	Ensure it has cooled before transferring into container.

Christmas Shortbread



Skills & cooking method		Skills level: low
Equipment	Ingredients	
Weighing scales mixing bowl baking tray knife fork oven gloves cooling rack	150g plain flour 100g butter or baking fat/block (stork) 50g caster sugar Chocolate to decorate (packet of chocolate chips / buttons) Glitter / edible decorations	

Food Science Key Terms
<p>Rubbing in: The flour is rubbed into the fat to resemble breadcrumbs.</p> <p>Heat is transferred by conduction in the pan and convection in the oven.</p> <p>Melting on Bain Marie: Chocolate needs to be gently heated in a bowl over hot water in a pan to avoid it splitting.</p>

Christmas gingerbread

Do it now

- | | |
|--|--|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. WASH HANDS
4. Preheat oven to 170C |
|--|--|

Method	Safety and Hygiene	Food Quality
1.Sieve the flour, sugar and cut up fat into small pieces into the bowl.	Use a cutlery knife	
2.Rub together firmly using your hands until the mixture forms a ball.		
3.Press out the dough into the foil tray.	Ensure work surface is clean	Use the wooden spoon and aim for an even spread
4.Mark the shortbread into 8 pieces, prick with a fork and crimp the edges and place into the oven.	Use oven gloves	
5.Bake the shortbread for 10-15 minutes until golden brown.	Use hot, soapy water.	
6.Melt the chocolate in a bowl over hot water on a pan.		
7.Place the cooked shortbread in the foil tray onto a cooling wire decorate with chocolate and decorations Wash up.	Use oven gloves. Use hot, soapy water.	Mark into 8 segments