



HIGHFIELDS  
SCHOOL

# Y7 Food & Health

Recipe Information  
Academic Year beginning 2014



Innovations



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## Welcome to the Y7 Recipe Book

### Recipes for the year:

Fruit Salad

Apple and sultana crumble

Muffins

Vegetable pasta

Vegetable pasta adapted recipe

### About Ingredients

Students are expected to provide their own ingredients and to ensure that they are 'in date'. Perishable items should be brought to the Food department as soon as they enter school so they may be stored correctly. Where this is not possible this should be discussed with the Food department where we will make every

### About Containers

Students are expected to bring appropriate containers or purchase them from the Innovations LRC before the lesson. Where students take food home we will advise them on best reheating practice.

### HELP

Head of Learning School: Mr. Baker

Head of Department: Mrs. Clowsley

In Charge of KS3 Food: Miss. Smith

Teachers:

Miss. Cheema

Mrs. Hartshorne

Miss. Williams

# Recipe One: Fruit salad



Recipe 1  
Fruit Salad

## INGREDIENTS

- 1 banana
- 1 apple
- 1 orange
- 10 grapes
- Small carton pure apple or orange juice

## Method

**Collect ingredients and equipment.**

**Wash fruit.**

**Prepare fruit by peeling and chopping then place into your container.**

**Add apple juice then put your lid on.**

# Recipe two: Apple and Sultana crumble



## Recipe 2 Apple and sultana crumble

### INGREDIENTS

- 100g plain flour
- 50g butter or margarine
- 50g oats
- 25g sugar
- 2 eating apples
- 50g sultanas

Container:

Loaf tin

### Method

1. Preheat the oven to 190°C or gas mark 5.
2. Rub in the butter or margarine into the flour until it resembles breadcrumbs
3. Stir in the oats and sugar
4. Cut the apples into quarters and remove the core. Slice thinly.
5. Arrange the apple slices in the oven-proof dish, and then add the sultanas.
6. Sprinkle the crumble topping over the apple slices.
7. Bake for 25 – 30 minutes, until the apples are soft and the crumble is golden.

# Recipe three: Muffins



Recipe 3: Muffins

## INGREDIENTS

- 275g plain flour
- 1 tbsp baking powder
- 75g caster sugar
- 2 eggs
- 175ml milk
- 50g vegetable oil
- 100g fruit
- 12 muffin cases

Container:

Medium loaf tin

## Method

1. Preheat oven to Gas 6/220oC.
2. Mix dry ingredients together in one bowl.
3. Make well in centre of dry ingredients.
4. Crack egg into measuring jug, beat then pour into well.
5. Add milk and oil mix together with a wooden spoon.
6. Divide equally between 12 muffin cases.
7. Bake for 25mins.
8. Turn out onto cooling rack.

# Recipe four: Vegetable pasta



Recipe 4: Vegetable pasta

## INGREDIENTS

- 1 small onion
- 1 tin chopped tomatoes
- ½ teaspoon dried basil
- 2 teaspoons brown sugar
- 200g pasta
- Pinch of mixed spice

## Modifications:

- 4-6 mushrooms, small tin sweet corn, cooked Smokey bacon or other ingredients of your choice

## Container:

- Plastic container

## Method

1. Prepare all of pasta sauce ingredients, chop onion, open can of tomatoes, peel and chop apple.
2. Put all of pasta sauce ingredients into a saucepan, bring to the boil and simmer for 20 minutes.
3. Prepare the rest of the pasta sauce ingredients
4. Bring a saucepan of water to boil, add the pasta and cook until soft approximately 10 minutes.
5. Blend the sauce until smooth or leave a little chunky.
6. Stir in the additional sauce ingredients.
7. Strain the pasta in a colander and put into a container.
8. Top with the pasta sauce.

# Recipe five: Vegetable pasta adaptation



## Recipe 5: Vegetable pasta

### INGREDIENTS

- 1 small onion
- 1 tin chopped tomatoes
- ½ teaspoon dried basil
- 2 teaspoons brown sugar
- 200g pasta
- Pinch of mixed spice

### Modifications:

- 4-6 mushrooms, small tin sweet corn, cooked Smokey bacon or other ingredients of your choice

### Container:

- Plastic container

### Method

1. Prepare all of pasta sauce ingredients, chop onion, open can of tomatoes, peel and chop apple.
2. Put all of pasta sauce ingredients into a saucepan, bring to the boil and simmer for 20 minutes.
3. Prepare the rest of the pasta sauce ingredients
4. Bring a saucepan of water to boil, add the pasta and cook until soft approximately 10 minutes.
5. Blend the sauce until smooth or leave a little chunky.
6. Stir in the additional sauce ingredients.
7. Strain the pasta in a colander and put into a container.
8. Top with the pasta sauce.