

# ST JOHN BAPTIST HIGH SCHOOL

## HEALTH & WELLBEING: FOOD

YEAR 7



NAME/ENW: \_\_\_\_\_

GROUP/GRWP: \_\_\_\_\_

## Rainbow Fruit Skewers

### Ingredients

Strawberries  
Orange/satsuma segments  
Pineapple chunks  
Kiwi fruit  
Blueberries  
Grapes



### Equipment

Apron, tea towel, dish cloth, skewers, vegetable knife, vegetable peeler, green chopping board

### Skills

Knife skills

### Order of Work

1. Tie long hair back & remove jewellery
2. Put an apron on & wash hands with hot water and soap, dry with paper towels.
3. Collect a tea towel and a dish cloth.
4. Wipe down the work surface
5. Take out equipment
6. Prepare fruit, wash, peel, and chop into chunks.
7. Thread the fruit onto the skewers in the order of a rainbow.
8. Place rubbish in the bin and wipe the work surface.
9. Wash & dry up.
10. Put all equipment away.
11. Tea towel, dish cloth and apron in the wash basket.



## Layered salad pot

### Ingredients

50g cooked pasta shapes  
25g green beans  
25 g sweetcorn  
25g cucumber  
½ pepper  
4 cherry tomatoes



### Equipment

Apron, tea towel, dish cloth, saucepan, colander, pot with lid, tablespoon, vegetable knife, green chopping board

### Skills

Knife skills, safe use of the hob, boiling

### Order of Work

1. Tie long hair back & remove jewellery
2. Put an apron on & wash hands with hot water and soap, dry with paper towels.
3. Collect a tea towel and a dish cloth.
4. Wipe down work surface
5. Take out equipment
6. Boil water in saucepan add pasta and green beans for 5- 10 minutes
7. Dice pepper and quarter the cherry tomatoes
8. Drain the pasta and green beans
9. Layer your ingredients into the pot.
10. Place rubbish in the bin and wipe the work surface.
11. Wash & dry up.
12. Put all equipment away.
13. Tea towel, dish cloth and apron in the wash basket.

## Blueberry Muffins

### Ingredients

100g self raising flour  
50g caster sugar  
25g blueberries  
50 ml oil  
50 ml milk  
1 egg



### Equipment

Apron, tea towel, dish cloth, oven gloves, muffin cases, muffin tray, mixing bowl, small bowl, measuring jug, sieve, fork, wooden spoon, tablespoon, teaspoon

### Oven temperature

180°C / Gas mark 5

### Skills

Beating, safe use of the oven, baking

### Order of work

1. Tie long hair back & remove jewellery
2. Put an apron on & wash hands with hot water and soap, dry with paper towels.
3. Collect a tea towel and a dish cloth.
4. Wipe down the work surface.
5. Take out equipment.
6. Sieve flour into a mixing bowl.
7. Stir in sugar and blueberries.
8. Crack egg into small bowl and beat with a fork
9. Mix egg, milk & oil together.
10. Beat into flour, sugar and blueberries until smooth.
11. Spoon into muffin cases.
12. Bake for 10- 15 minutes
13. Place rubbish in the bin and wipe the work surface.
14. Wash & dry up.
15. Put all equipment away.
16. Tea towel, dish cloth and apron in the wash basket.
17. Use oven gloves to safely take muffins out of the oven. Leave to cool.



## Flapjacks

### Ingredients

175g oats  
100g margarine  
50g brown sugar  
1 tbsp syrup  
25g dried fruit



### Equipment

Apron, tea towel, dish cloth, oven gloves, saucepan, measuring jug, wooden spoon, tablespoon, palette knife, lined square tin

### Oven temperature

180°C / Gas mark 5

### Skills

Melting method, safe use of hob and oven, baking

### Order of work

1. Tie long hair back & remove jewellery
2. Put an apron on & wash hands with hot water and soap, dry with paper towels.
3. Collect a tea towel and a dish cloth.
4. Wipe down the work surface.
5. Take out equipment.
6. Gently melt margarine, sugar and syrup together in a saucepan.
7. Remove from the heat.
8. Stir in oats and dried fruit until coated with syrup.
18. Bake for 10- 15 minutes
19. Place rubbish in the bin and wipe the work surface.
20. Wash & dry up.
21. Put all equipment away.
22. Tea towel, dish cloth and apron in the wash basket.
23. Use oven gloves to safely take flapjacks out of the oven. Leave to cool.



## Apple & Fruit Crumble

### Ingredients

- 1 large cooking apple
- 50g summer fruits
- 25g sugar
- 100g plain flour
- 50g margarine
- 25g sugar



### Equipment

Apron, tea towel, dish cloth, oven gloves, foil dish, vegetable knife, vegetable peeler, green chopping board, mixing bowl, sieve, tablespoon, palette knife

### Oven temperature

160°C / Gas mark 4

### Skills

Knife skills, rubbing in method, use of oven, baking

### Order of work

1. Tie long hair back & remove jewellery
2. Put an apron on & wash hands with hot water and soap, dry with paper towels.
3. Collect a tea towel and a dish cloth.
4. Wipe down the work surface.
5. Take out equipment.
6. Sieve the flour into the mixing bowl. Rub in margarine until resembles fine breadcrumbs. Stir in 25g sugar.
7. Peel, core and slice the apple.
8. Layer the slices of apple in the foil dish with 25g sugar.
9. Spoon the crumble mix over the top.
10. Place on a baking tray and in the oven for 20 -25 minutes
11. Place rubbish in the bin and wipe the work surface.
12. Wash & dry up.
13. Put all equipment away.
14. Tea towel, dish cloth and apron in the wash basket.
15. Use oven gloves to safely take fruit crumble out of the oven.
16. Leave to cool.



## French Bread Pizza

### Ingredients

¼ french bread  
2 tbsp tomato puree  
25g cheese  
Dried herbs



### Equipment

Apron, tea towel, dish cloth, oven gloves, bread knife, vegetable knife, palette knife, chopping board, grater, baking tray

### Skills

Knife skills, safe use of the grill

### Order of work

1. Tie long hair back & remove jewellery
2. Put an apron on & wash hands with hot water and soap, dry with paper towels.
3. Collect a tea towel and a dish cloth.
4. Wipe down the work surface.
5. Take out equipment.
6. Grate cheese and prepare toppings.
7. Slice french bread in half lengthways.
8. Spread with tomato puree.
9. Sprinkle on grated cheese, add toppings and herbs.
10. Place under the grill until the cheese has melted and starts to bubble.
11. Put any rubbish in the bin and wipe the work surface.
12. Wash & dry up.
13. Put all equipment away.
14. Tea towel, dish cloth and apron in the wash basket.
15. Leave to cool.



## Chicken & Vegetable Fajitas

### Ingredients

- 1 tortilla wrap
- 1 chicken breast
- ¼ red onion
- ¼ red pepper
- ¼ green pepper

### Marinade:

- 1 tbsp oil
- A pinch of paprika, chilli powder, cumin & coriander



### Equipment

Apron, tea towel, dish cloth, vegetable knife, red & green chopping board, small bowl, tablespoon, wooden spoon, wok pan

### Skills

Knife skills, safe use of hob, frying

### Order of work

1. Tie long hair back & remove jewellery
2. Put an apron on & wash hands with hot water and soap, dry with paper towels.
3. Collect a tea towel and a dish cloth.
4. Wipe down the work surface.
5. Take out equipment.
6. On a green chopping board, slice peppers & onion into thin strips.
7. On a red chopping board cut chicken into strips. Wash your hands after handling raw meat.
8. In the small bowl add oil and spices. Stir in chicken strips.
9. Heat the pan and stir in chicken. Fry for a few minutes.
10. Stir in onion and peppers and fry for 3 minutes.
11. Spoon onto tortilla wrap and roll up.
12. Put any rubbish in the bin and wipe the work surface.
13. Wash & dry up.
14. Put all equipment away.
15. Tea towel, dish cloth and apron in the wash basket. Leave to cool.





## Stir fry

### Ingredients

50g egg noodles

25g bean sprouts

½ onion

25g mushrooms

¼ red pepper

¼ green pepper

½ carrot

2 baby corn

Fresh ginger

1 tablespoon soy sauce

1 tablespoon oil



### Equipment

Apron, tea towel, dish cloth, vegetable knife, green chopping board, small bowl, wooden spoon, wok pan, saucepan, collander

### Skills

Knife skills, peeling, safe use of hob, stir frying

### Order of work

1. Tie long hair back & remove jewellery
2. Put an apron on & wash hands with hot water and soap, dry with paper towels.
3. Collect a tea towel and a dish cloth.
4. Wipe down the work surface.
5. Take out equipment.
6. Cook noodles as per instructions.
7. On a green chopping board, slice vegetables into thin strips.
8. Grate the ginger.
9. Heat the oil in the pan stir in all the vegetables (apart from the bean sprouts)
10. After 2 minutes stir in the bean sprouts, ginger and soy sauce.
11. Cook for a further minute.
12. Drain the noodles and stir in.
13. Put any rubbish in the bin and wipe the work surface.
14. Wash & dry up.
15. Put all equipment away.



**Descriptions of Learning**

**Developing physical health and wellbeing has life long benefits**



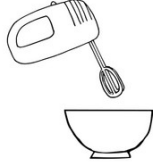
Progression step 1	Progression step 2	Progression step 3	Progression step 4	Progression step 5
<p>I am beginning to make connections between my diet and my physical health and well-being.</p>	<p>I have developed an understanding that I need a balanced diet and I can make informed choices about the food I eat and prepare to support my physical health and well-being</p>	<p>I can explain the importance of a balanced diet and nutrition and the impact my choices have on my physical health and well-being. I can plan and prepare basic, nutritious meals.</p>	<p>I can apply my knowledge and understanding of a balanced diet and nutrition to make choices which will allow me to maintain my physical health and well-being. I can plan and prepare a variety of nutritious meals.</p>	<p>I can adjust my diet in response to different contexts and apply my knowledge and understanding of a balanced diet and nutrition to support others. I can apply a range of techniques to prepare a variety of nutritious meals.</p>

**Four purposes**

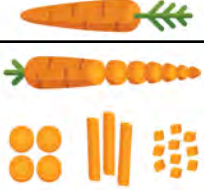






## PREPARATION & COOKING TECHNIQUES

Basic	Medium		Complex
Blending Beating Grating Hydrating Juicing Marinating Mashing Melting Proving Shredding Sieving Tenderising Zesting 	Creaming Dehydrating Folding Kneading Measuring Mixing Pureeing Rubbing-in Rolling Skinning Toasting (nuts/seeds) Weighing		Crimping Laminating (pastry) Melting using a bain marie Piping Shaping Unmoulding Whisking (aerated) 

## KNIFE TECHNIQUES

Basic	Medium	Complex
Chopping Peeling Trimming	Baton Chiffonade Dicing Slicing Deseeding Spatchcock 	Brunoise Julienne Mincing Deboning Filleting Segmenting

## COOKING TECHNIQUES

Basic	Medium	Complex
<p>                     Basting                      Boiling                      Chilling                      Cooling                      Dehydrating                      Freezing                      Grilling                      Skimming                      Toasting                 </p> 	<p>                     Baking                      Blanching                      Braising                      Deglazing                      Frying                      Gridling                      Pickling                      Reduction                      Roasting                      Sauteing                      Setting                      Steaming                      Stir frying                      Water bath (sous-vide)                 </p> 	<p>                     Baking blind                      Caramelising                      Deep fat frying                      Emulsifying                      Poaching                      Tempering                 </p> 