

# Year 7 and 8 from Easter to July

## TOPIC – Healthy eating

Week commencing 12<sup>th</sup> April – theory lesson.

Week commencing 19<sup>th</sup> April

### Blueberry and Oat Muffins

- 160g **plain flour**
  - 1 teaspoon **baking powder**
  - 1/2 teaspoon **bicarbonate of soda (school has)**
  - 1/2 teaspoon **ground cinnamon**
  - 1/2 teaspoon **salt**
  - 115g **unsalted butter**, melted and slightly cooled
  - 120ml **honey**
  - 1 large **egg**, at room temperature
  - 1 teaspoon **vanilla extract or essence**
  - 150g – 200g fresh blueberries
- 12 – 15 cake cases.  
Something to take them home in.

Week commencing 26<sup>th</sup> April

### Chicken Schnitzel with Cous Cous (hairy dieters)

- 4 chicken breasts
- 300g cous cous or giant cous cous
- 1 chicken stock cube
- 100g plain flour
- 2 eggs
- 4 slices of bread
- 1 tsp paprika (available in school)
- Half a cucumber
- 3 tomatoes
- Half red onion
- Few chives
- Small bunch of fresh parsley (optional)
- 1 lemon
- 2 tsp honey (optional)

Something to take home in.

Week commencing 3<sup>rd</sup> May

Choose between –

**Stuffed Peppers**

4 medium peppers  
4 tbsp olive oil  
175g long grain rice  
1 small red onion  
1 clove garlic  
200g tin of chopped tomatoes  
tsp dried mixed herbs  
50g peas  
Salt and pepper (school can provide)

OR

**Cheese and Tomato Tart**

1 packet of ruff puff pastry (can be ready rolled)  
1 tbsp milk  
1 red onion  
1 courgette  
3 tbsp olive oil  
1 tsp oregano  
Salt and pepper (school can provide)  
225g cherry tomatoes  
225g mozzarella cheese

Something to take it home in.

Week commencing 10<sup>th</sup> May

**Turkey Burgers and Chips (hairy dieters)**

4 tsp sunflower oil

1 medium or 2 small leeks

500g turkey mince

1 lemon

Half tsp flaked sea salt (School can provide)

***For the Paprika chips***

3 medium potatoes

1 tsp sunflower oil

Half tsp paprika

Half tsp flaked sea salt (School can provide)

Something to take home in.

Week commencing 17<sup>th</sup> May

**Smokey Joes Pizza (Joe Wicks)**

1 x 7g sachet of yeast

300g strong flour (wholemeal if possible)

***For the topping***

115g spinach

125g kidney beans

1 tin of chopped tomatoes

50g bbq sauce

150g cooked chicken

2 eggs

Something suitable to take home in

**Week commencing 24<sup>th</sup> May**

**Chicken Chow Mein (hairy dieters)**

- 1 tbsp soft light brown sugar
- 2 tsp cornflour
- 2 tbsp dark soy sauce
- 2 tbsp dry sherry (School will provide)
- 2 tbsp of sunflower oil
- 3 chicken breasts
- 1 red, green and yellow pepper.
- 2 carrots
- 25g root ginger
- 3 garlic cloves
- Sprig of spring onions (optional)
- 225g water chestnuts
- 300g beansprouts

Something to take home in

**HALF TERM**

Week commencing 7<sup>th</sup> June

**Theory Lesson**

Week commencing 14<sup>th</sup> June

**Students make their own healthy dish**

Week commencing 21<sup>st</sup> June

**Theory lesson – bread**

Week commencing 28<sup>th</sup> June

**Cheesecake**

Week commencing 5<sup>th</sup> July

**TBC**