

## **Year 9 and 10 Easter – Summer**

For the first half term we will be looking at cooking for people with special dietary requirements. Students should research and find their own meals suitable for the age group.

### **Week commencing 12<sup>th</sup> April**

Food for young children – under 4. (easy to eat, high in protein and calcium, not too many carbohydrates, should contain 1 portion of fruit or veg)

Or

Food for child under 12. (as above but more carbohydrates required and don't need to worry about being easy to eat. Make it fun)

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

No cooking – theory lesson.

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

Meal for a teenager – consider fashions in food, need for fruit and vegetables, need for iron and lots of protein.

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

Food for an elderly person, remember it should be easy to eat and chew, high in calcium and not too high in fat as they do not move around a lot.

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

Food for somebody who is following a religious diet for example Hindus, Jewish person or Muslim.

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

A meal or snack for somebody who is on a calorie controlled diet and who is looking to lose weight.

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

A meal for somebody who is Celiac or low in iron.

## **HALF TERM**

After the half term holidays we will be having a go at looking at some of the course work carried out by year 11 this year. This will give year 10 students a taste of the work to come next year.

### **The brief was given by the exam board.**

“You are a Chef in a hotel and have been asked to prepare a picnic for guests to take to a music concert being held nearby. The picnic should showcase your skills as a Chef. You should make two dishes and accompaniments.”

We will have a go at making some suggested ideas for a few weeks then students will research and make one dish and accompaniment suitable to fit the above brief.

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

#### **Sausage plait**

225g plain flour

150g lard/margarine mix

1 apple

1 tbsp red onion chutney

8 sausages

1 egg

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

#### **Caesar Salad**

2 – 3 slices of white bread

3 tbsp olive oil

2 – 3 chicken breasts

1 cos lettuce

For dressing ....

1 garlic clove

2 anchovies (20 p from school)  
Small block of parmesan cheese  
5 tbsp mayonnaise  
1 tbsp white wine vinegar

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

Eton Mess tbc or Roulade

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

**Chocolate Muffins**

150g margarine or butter  
100g self raising flour  
50g cocoa powder  
Half tsp baking powder  
150g caster sugar  
3 eggs

For decoration – choice is yours, could use whipped cream or butter icing. Make them look appealing.

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

Students make their own idea.