

YEAR 8

Cooking Schedule: 19th April - 23rd May 2022

8b/Fd1 - You will cook on...

Monday 16th May (Fairy Cakes)
NO food practicals on Monday 18th April
and Monday 2nd May due to Bank holidays.

8d/Fd3 - You will cook on...

Monday 25th April (Macaroni Cheese)
Monday 9th May (Bread Based Pizza)
Monday 23rd May (Fairy Cakes)

8b/Fd2 - You will cook on...

Tuesday 26th April (Macaroni Cheese)
Tuesday 10th May (Bread Based Pizza)
Tuesday 24th May (Fairy Cakes)

8d/Fd1 and 8c/Fd2 - You will cook on...

Wednesday 27th April (Macaroni Cheese)
Wednesday 11th May (Bread Based Pizza)
Wednesday 25th May (Fairy Cakes)

8d/Fd2 and 8c/Fd3 - You will cook on...

Thursday 28th April (Macaroni Cheese)
Thursday 12th May (Bread Based Pizza)
Thursday 26th May (Fairy Cakes)

8b/Fd3 and 8c/Fd1 - You will cook on...

Friday 29th April (Macaroni Cheese)
Friday 13th May (Bread Based Pizza)
Friday 27th May (Fairy Cakes)

**You will need to bring a container to
take home your food.**

INGREDIENTS

1. Macaroni Cheese...

100g macaroni or any
other pasta
100g Cheddar cheese
1 tomato
25g butter or soft spread
25g plain flour
250ml semiskimmed milk
Black pepper

Challenge!

Add cooked protein
like tuna, ham, bacon
or sausages. Add
some vegetables like
mushrooms, peppers
and onions.

2. Bread Based Pizza...

250g strong bread flour
teaspoon of salt
1 packet of dried yeast
2 tablespoons of tomato
puree
1 vegetable
1 cooked protein
100g grated cheese
1 tablespoon of oil

Challenge!

Use brown or wholemeal
bread flour. Add more
vegetables; mushrooms,
tomatoes, peppers,
chillies, sweetcorn.

3. Fairy Cakes...

100g self raising flour
100g caster sugar
100g soft butter or
margarine
2 eggs

Challenge!

Replace 20g flour with
cocoa powder for
chocolate buns.
Add 25g dried fruit.
Add teaspoon of either
cinnamon, mixed spice
or ginger.