



NOTTINGHAM
FREE SCHOOL

Year 7

Rotation 1

Healthy Eating

Name:

Form:

Dear Parent/Carer,

This booklet contains all the recipes that your child will be cooking in this rotation of food preparation and nutrition. In the first lesson your child has written the date that they are cooking each dish. Students will need to bring the ingredients to school that day as well as the food container or cooking dish that the recipe asks for to take them home in.

Students will be required to bring their ingredients at the start of the school day so they can be properly stored before the lesson. It is recommended that the bag they bring the ingredients to school with is clearly labelled with their name and that their container for their food is also named. Children will have access to the food room at the end of the day to collect their products to bring them home. Part of the student's homework will be to weigh, measure and pack their ingredients the night before.

All recipes have a vegetarian option and where meat is used there are a variety of options to choose from. Should your child or a family member have any special dietary requirements, please get in contact and we can adapt recipes to suit.

Ingredients marked with * will be provided by the school. To cut down on the recipe cost. If there is a problem with providing your child with ingredients, please get in touch so we can find a solution.

I hope you will enjoy the meals that are brought home.

Ms Read
sread@nottinghamfreeschool.co.uk



Top tips for successful food lessons:

- Make sure you have written the date you will be cooking each recipe and pass this information onto the person who will be buying your ingredients.
- It is a good idea to get your parent/carer to take a picture of each recipe on their phone so when they are out shopping they know what you need.
- Make sure you have all the ingredients a couple days before so there is no rush the day of your lesson.
- Weigh out the ingredients at home so you only bring the amount on the recipe.
- Make sure you have packed the container or cooking tray/tin to take the items home in.
- Make sure your bag is labelled with your name.
- Come to the food room at least 10 minutes before school starts on the day of your lesson so your ingredients can be stored safely.
- As school policy states, you should have no jewellery or nail polish on you and if you have long hair you need to bring a hair band to tie it back with.
- Don't forget to collect your food product at the end of the day!



Cous Cous Salad

Date cooking:

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Ingredients:

200g couscous

1 vegetable stock cube

½ cucumber

1 pepper (orange/yellow/red)

250g cherry tomatoes

1 lemon

200g feta/cheddar/mozzarella
cheese

Dried or fresh herbs*

2 tblsp olive oil*

Container from home:

Plastic container with lid.

Method:

1. Wash the vegetables.
2. Place the couscous in a large bowl.
3. Put the stock cube in a measuring jug and add 300ml of boiling water. Stir and then pour onto the couscous.
4. Leave for 5 mins and then stir with a fork.
5. Halve the cherry tomatoes, cut the cucumber into small chunks, deseed and slice the pepper and cut into small pieces. Zest the lemon and remove the juice.
6. Cut the cheese into small cubes.
7. Mix all of the ingredients into the couscous, adding the oil and herbs as well and place into your container.

On all recipes * indicates
ingredients provided by school.

Recipe

1



Mixed Bean Burrito

Date cooking:

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Ingredients:

1 large onion

400g tin of mixed beans

400g tin chopped tomatoes

1 tbsp tomato purée

1 tsp ground cumin*

1 tsp dried herbs*

1 tblsp olive oil*

25g cheese (optional)

1 tortilla wrap

Container from home:

One wrap will be made in the lesson that can be eaten for break/lunch. The remaining mixture will be taken home to wrap at home to prevent soggy wraps!

Method:

1. Chop the onion and drain the beans.
2. Put oil in a large saucepan and cook the onions for 5 minutes or until soft.
3. Add the beans, tomatoes, tomato purée, cumin and mixed herbs and bring to the boil.
4. Once boiling reduce the heat to low and cover and simmer for 15 minutes stirring every 5 minutes.
5. When the mixture has thickened, remove from the heat and season.
6. Grate the cheese if using.
7. Place two spoons of the bean mixture in the centre, top with grated cheese and wrap.
8. Put remaining bean mixture in your container to take home.

On all recipes * indicates ingredients provided by school.

Recipe

2





Bolognese

Date cooking:

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Ingredients:

1 medium onion

1 garlic clove

1 small carrot

450g minced beef/pork/

chicken/quorn

1 x 400g tin chopped tomatoes

4 tbsp tomato puree

100g mushrooms

1 pepper

Salt*

Black pepper*

2 tsp dried mixed herbs*

(Pasta to cook at home)

Container from home:

Plastic container with lid.

Method:

1. Prepare the vegetables by peeling the onion and garlic and finely chopping them. Peel and grate the carrot and chop the mushrooms.

2. **For mince:** Dry fry the mince with the onion and garlic in a large pan. Cook for 5 minutes, stirring regularly until the meat has browned.

2. **For Quorn:** Put 2tbsp of oil into the pan and cook the onion and garlic for 5 minutes. Stir in the Quorn.

3. Stir in the tomato puree, carrot, mushrooms, pepper and tomatoes. Add the herbs and salt and pepper.

4. Bring to the boil, then simmer, stirring occasionally for 20 minutes.

5. Put into the container.

On all recipes * indicates ingredients provided by school.

Recipe

3



Roasted Vegetable Salad

Date cooking:

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Ingredients:

- 1 red onion
- 1 pepper
- 1 carrot
- 1 courgette
- 1 glove garlic
- 2 large tomatoes or a handful of cherry tomatoes
- 1 teaspoon of mixed herbs or dried rosemary*
- 2 tablespoons of olive oil or vegetable oil*
- 150g pasta shapes

Container from home:

Plastic container with lid.

Method:

1. Preheat the oven to Gas 6/200°C.
2. Peel and cut the onions into wedges.
3. Chop the carrots, courgette, tomatoes, and peppers into chunks (leave the cherry tomatoes whole).
4. In a roasting tin or tray place the vegetables and add the oil, garlic and herbs. Roast in the oven for 20 minutes.
5. Meanwhile bring half a pan of water to the boil. While on the highest heat add the pasta and then once **SIMMERING** reduce the heat and simmer for 10-12 minutes until tender.
6. Drain the pasta and mix with the roasted vegetables. Allow to cool.

On all recipes * indicates ingredients provided by school.

Recipe

4



Notes

