



Food technology

Year 7 recipes



September to December 2025

Name:.....

Class:.....

Teacher:
LSG/MWY/SHS

Day and period of
lesson:.....

Date and week commencing	Monday 7a/tk3/4 p2	Tuesday 7btk5/6 p4	Wednesday 7atk5/6 p1 7BTK3/4 P2	Thursday 7atk1/2 p5	Friday 7btk1/2 p5
22/09/25 B	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad
06/10/25 B	Picturesque pizza	Picturesque pizza	Picturesque pizza	Picturesque pizza	Picturesque pizza
20/10/25 B	Cookies	Cookies	Cookies	Cookies	
Half term					
10/11/25 B	Pasta salad	Pasta salad	Pasta salad	Pasta salad	Pasta salad
24/11/25 B	Cheese scones	Cheese scones	Cheese scones	Cheese scones	Cheese scones
08/12/25 B	Funfetti shortbread	Funfetti shortbread	Funfetti shortbread	Funfetti shortbread	Funfetti shortbread

Recipe	Date
Fruit salad	
Picturesque pizza	
Cookies	
Pasta salad	
Cheese scones	
Funfetti shortbread	

You will need your ingredients weighed out at home, and an apron and container labelled with your name.

If you have long hair, please bring a bobble to tie it up.

All students are expected to take part in practical lessons, please use the contact us button if you have any questions, or need to pass any information on to the class teacher.



This term the focus will be on food hygiene and key skills.

We have therefore tried to choose recipes that take into consideration developing skills and good hygiene practices using high and low risk ingredients.

Please feel free to adapt the recipes to suit the needs of your family. E.g. if the recipe states 'minced beef' but you don't eat meat, just bring an alternative such as Quorn mince.

Fruit salad

Ingredients – any fruit will do!

This is just an example of what you could bring:

- 1 clementine
 - 1 banana
 - 1 apple
 - 1 kiwi
 - 12 grapes
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- 60ml orange/30ml lemon juice



Picturesque pizza

Picturesque pizza

Ingredients

- 2 x English muffins OR pitta or crumpets or baguette etc.
- 4 x 15ml spoons of a tomato ketchup or tomato puree (you could bring ketchup sachets)
- Half a pepper- any colour
- 40g Sweetcorn canned or frozen
- 75g Cheddar cheese, grated
- **OPTIONAL choose 1.**
- Two mushrooms, 1 tomato or three cherry tomatoes, ½ a red onion.



Cookies

Ingredients

- 75g margarine
- 75g brown sugar
- 1egg
- 150g self raising flour
- 100g chocolate chips
- Drop of vanilla essence



Pasta salad

Ingredients

- 250g uncooked pasta
- 1 protein (e.g. tuna, ham, cheddar cheese, feta cheese, cooked chicken)
- 2 vegetables (e.g. cucumber, spring onion, tomato, celery, pepper, sweetcorn)
- 30ml salad dressing (e.g. honey and mustard, French vinaigrette, salad cream, mayonnaise)



Cheese scones

Ingredients

- 225g self raising flour
- 55g hard block butter or margarine
- 50-75g grated mature cheddar or other cheese of your choice
- 150ml milk



Funfetti shortbread

Ingredients

- 100 g butter or block margarine
- 50 g sugar
- 150 g plain flour
- 30g sprinkles for funfetti shortbread

