

Year 7 Food and Nutrition

Tenbury High Ormiston Academy 2026/27



TENBURYHIGH
ORMISTON ACADEMY

Recipe Booklet - Exploring Italy



RULES

1. Dates for cooking will be set on Edulink as homework.
2. Please bring a container with your name on to bring cooked food home.
3. Please ensure your name is on everything including your bag.
4. Please weigh all ingredients accurately at home.
5. It is your responsibility to drop your food to Room 8 before AM registration.
6. It is your responsibility to collect your cooked food and bag at the end of the day.
7. Any food left behind will be thrown out after 3 days.

Name: _____

Class: _____

Thank You

Remember showing pride in your work is showing pride in your learning

Bruschetta

Ingredients:

3 large tomatoes
1 yellow pepper
1 red onion
2 garlic cloves
 $\frac{1}{2}$ tsp salt
1 tsp mixed herbs or 6-8 leaves of fresh basil
Small French stick or couple of slices of bread



Named plastic container with a lid to bring cooked food home.

Equipment:

Chopping board Sharp knife Food waste bowl Metal spoon

Method:

1. Dice the tomatoes, yellow pepper, red onion and garlic into small cubes.
2. Add salt and mixed herbs to taste.
3. Add any additional ingredients if using.
4. Put into plastic container to take home.
5. Place all dirty items next to sink.
6. Place your food in the fridge with a label on.
7. Wipe table with dish cloth.
8. Wash up and dry everything.
9. Once home - rub garlic on bread, top with bruschetta mix and serve.

Spaghetti Bolognese

Ingredients:

250g minced beef (or veggie mince, turkey, chicken, lamb)
1 onion
1 tsp mixed herbs
2-3 rashers streaky bacon or lardons (optional)
1-2 tbsp tomato puree
1 beef stock cube
1 x 400g tin chopped tomatoes
100g spaghetti or pasta (fist full)



Named plastic container with a lid to bring cooked food home.

Equipment:

Chopping board	Sharp knife	Food waste bowl	Wooden spoon
Large Saucepan	Colander		

Method:

Pasta:

1. Fill your saucepan with water from the tap.
2. Bring this to a boil (big bubbles).
3. Add your pasta.
4. Cook until pasta is 'al dente' (with bite) (approx. 10-12 mins).
5. Drain using colander and put in your box.
6. Wash out your pan then use for Bolognese.

Bolognese:

1. Finely dice onion.
2. Put mince into DRY frying pan and brown at medium / high heat.
3. Add chopped onion to pan and cook for 3-5 mins without browning.
4. Add tomatoes, herbs, tomato puree, crumbled stock cube, salt and pepper and bring to the boil and then turn down to simmer for 10-15 mins. Stir regularly and add water if sauce is too thick.
5. Place all dirty items next to sink.
6. Put cooked food into plastic container with your name on and place next to the fridge.
7. Wash up and dry everything.
8. Wipe table with dish cloth.

Chicken and Bacon Risotto

Ingredients:

- 1 chicken breast (or alternative)
- 1 garlic clove
- 1 rasher of streaky bacon or lardons (optional)
- 100g risotto rice (arborio/carnaroli)
- 1 stock cube (chicken or vegetable)
- 25g of grated cheese
- 25g of butter
- 1 tbsp oil



Named plastic container with a lid to bring cooked food home.

Equipment:

Chopping board	Sharp knife	Food waste bowl	Wooden spoon
Large Saucepan	Measuring Jug		

Method:

1. Make up stock with stock cube and 500ml water from the tap in measuring jug.
2. Chop garlic into small dice - put into saucepan with oil.
3. Chop meat into small chunks add to saucepan.
4. Fry off garlic and meat until fully cooked (chicken has gone white, bacon has turned light pink).
5. Add in rice and coat in oil.
6. Add stock **gradually**, stir **CONSTANTLY**, cook until all stock has been absorbed.
7. Add cheese and butter right at the end, stir in.
8. Place all dirty items next to sink.
9. Put cooked food into plastic container with your name on and place next to the fridge.
10. Wipe table with dish cloth.
11. Wash up and dry everything.

Scone Based Pizza

Ingredients:

Scone base:

250g plain flour
1 tsp salt
2 tsp baking powder
50g butter
2 eggs
3 tbsp milk

Toppings:

1 jar pizza topping / tube tomato puree
Pinch mixed herbs
3-4 toppings of your choice
100-150g cheese (cheddar / mozzarella)



Top Tips- Virtually anything can be used as a topping ingredient!
Make sure that whatever you bring in, it does not require cooking!

Pizza / baking tray to cook and bring home on.

Equipment:

Chopping board	Sharp knife	Mixing bowl	Rolling Pin
Measuring Jug	Fork	Grater (if needed)	

Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Prepare your toppings - chop vegetables and meats, grate cheese.
3. Place flour, salt and baking powder into a bowl, rub in butter (just like crumble).
4. In a jug, mix milk and eggs and whisk using a fork. GRADUALLY (little bit, by little bit) add this to your dry mix. You need a soft, but not sticky dough.
5. Mix well using a knife until dough leaves sides of the bowl clean.
6. Put dough onto a lightly floured surface, roll out to £1 coin thickness to the shape of your baking tray.
7. Place onto your baking tray.
8. Spread pizza topping / puree over base, add mixed herbs then half the cheese, then toppings then the rest of the cheese.
9. Bake for 20-30 mins until golden brown and base is firm - not soggy.
10. Wash up and tidy down.