

## The Warwick School-Year 7 Food Plan – January-February 2019

Date	Lesson time	Homework
Week 2 wb 03-01-19	7Y2/7Y3 Friday Principles of Eatwell plate. 8 tips for healthy eating, 5 a day message. Energy balance. Time plan/ Sensory Evaluation	Submit Food & Exercise diary, from before the holidays.  Time plan / Tasters comments template
Week 1 wb 07-01-19	7X1/7YE/7X4 Principles of Eatwell plate. 8 tips for healthy eating, 5 a day message. Energy balance Time plan/ Sensory Evaluation	Time plan / Tasters comments template
Week 2 wb 14-01-19	7X3/7XE/7X2/7Y1- Principles of Eatwell plate. 8 tips for healthy eating, 5 a day message. Energy balance Time plan/ Sensory Evaluation  Practical lesson-7Y2/7Y3 Use of grill. Pizza Toast or Croque Monsieur	Time plan / Tasters comments template  Use of cooker. Washing up.
Week 1 wb 21-01-19	7X1/7YE/7X4 No practical lessons GCSE practical exams.	Use of cooker. Washing up
Week 2 wb28-01-19	Practical lesson-7X3/7XE/7X2/7Y1 Use of grill. Pizza Toast or Croque Monsieur  7Y2/7Y3-Sensory Evaluation of fruit and vegetables. Star diagram.	Use of cooker. Washing up  Fruit and vegetable work.
Week 1 wb 04-02-19	Practical lesson-7X1/7YE/7X4 Use of grill. Pizza Toast or Croque Monsieur	Use of cooker. Washing up
Week 2 wb 11-02-19	7X3/7XE/7X2/7Y1- Sensory Evaluation of fruit and vegetables. Star diagram  Practical lesson-7Y2/7Y3 Use of hob or grill. Vegetable soup	Fruit and vegetable work  Star diagram and time plan.

## Ingredients

### Croque-Monsieur

40-50g hard cheese eg Cheddar, Edam. 1 tomato. 2 slices bread (preferably wholegrain) 1 slice ham. No container as you be evaluating it at school.

### Pizza Toast

1/2 pepper (green, red or yellow). 1 spring onion. 1 mushroom. 40g hard cheese eg Cheddar, Edam. 2 slices bread OR 1 bagel OR a piece of French stick (enough for 1). 3x5ml spoon tomato pizza sauce. **This can be bought from school.** 1/2x5ml spoon mixed herbs. No container as you be evaluating it at school

### Chunky vegetable soup

1 onion. 1 carrot. 1 leek. 1 potato. 2 celery sticks. 1x15ml oil. 1-2 stock cubes. Salt. Pepper. You need a container with your name on it. You need a container with your name on it to take your soup home.

### Tomato, and pasta soup

1 onion. 2 celery sticks. 1-2 cloves garlic. 1x15ml spoon oil. 1 large can chopped tomatoes. 1x15ml spoon tomato puree. 1x5ml mixed herbs. 1-2 stock cubes. You need a container with your name on it to take your soup home.