

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

Date	Lesson time	Homework
Week 1 wb 25-02-19	7X1/7YE/7X4 Sensory Evaluation of fruit and vegetables. Star diagram	Fruit and vegetables.
Week 2 wb 04-03-19	Practical lesson-7 X3/7XE/7X2/7Y1 Use of hob or grill. Vegetable soup  7Y2/7Y3-Where does our food come from? The importance of the 3 R's. Learning Journey. INT's.	Star diagram and time plan.  Food fact file and label
Week 1 wb 11-03-19	Practical lesson-7X1/7YE/7X4 Use of hob or grill. Vegetable soup	Star diagram and time plan.
Week 2 wb 18-03-19	7X3/7XE/7X2/7Y1-Where does our food come from? The importance of the 3 R's. Learning Journey. INT's.  Practical lesson-7Y2/7Y3 Use of oven Cheese straws.	Food fact file and label.  Star diagram and time plan.
Week 1 wb 25-03-19	7X1/7YE/7X4-Where does our food come from? The importance of the 3 R's. Learning Journey. INT's Dem-Cheese straws and tasting. **DO NOT bring ingredients.**	Food fact file and label.  .
Week 2 wb 01-04-19	Practical lesson-7X3/7XE/7X2/7Y1 Use of oven. Cheese straws.  7Y2/7Y3 Factors that affect food choice.	Food fact file and label.  Food choices.
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### Ingredients list

#### 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.

Cheese straws 100g plain white flour. 1/2 x 5ml spoon of mustard powder. 50g butter or margarine. 50g Cheddar cheese. 2 x 15ml spoons cold water. Optional-mixed herbs, poppy seeds. You need a container with your name on it to your cheese straws home.