

Food Technology Ingredients

Shopping list: Fruit fusion

Date: _____

Ingredients

Choose a maximum of 6 fruits.

1 apple 6 - 12 grapes
1 pear 2 x slices pineapple
1 clementine 1 x slice melon
6 strawberries 1x peach or nectarine
1 kiwi fruit
200ml fresh fruit juice or small can of
pineapple in own juice

Named container with a lid

Shopping list: French Bread Pizza

Date: _____

Ingredients

- A piece of French stick sliced in half or crust of bread
- 50g hard cheese,

Choose a maximum of 2 toppings:

- 1 pepper
- 2/3 mushrooms
- 1 slice ham or pepperoni/salami slices
- 3 olives
- 50g sweetcorn

Named container with a lid

Shopping list: Fruity Flapjacks

Date: _____

Ingredients

- 150g oats
- 50g sugar
- 50g butter or soft spread
- 75g dried fruit (optional)

Named container with a lid

Shopping list: Vegetable Couscous

Date: _____

Ingredients

1 stock cube

Choose 5 ingredients

1 medium tomato
2 spring onions
½ cucumber
1 pepper
50g cheese
4 dried apricots
1 stick celery
1 can chick peas
3-4 olives
2-3 slices of cooked meat
Small can sweetcorn

Named container with a lid

Shopping list: Apple Crumble

Date: _____

Ingredients

Crumble

- 150g plain flour
- 50g sugar
- 75g butter/block fat

Apple layer

- 2 cooking apples
- 25g sugar

Ovenproof dish

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Shopping list: Mini Carrot Cakes

Date: _____

Ingredients

- 75g soft spread or butter
- 1 large/ or 2 small carrots
- 75g sugar
- 1 egg
- 100g self-raising flour
- 75g dried fruit (optional)

Named container with a lid

Shopping list: Macaroni Cheese

Date: _____

Ingredients

- 250—300g macaroni/pasta shapes
- 100g cheese
- 40g soft margarine
- 40g plain flour
- 1 pint/500ml milk

Named container with a lid

Shopping list: Dutch Apple Muffins

Date: _____

100g caster sugar
100g soft margarine
2 eggs
100g self raising flour
1 eating apple

Named container with a lid

Shopping list: Koftas

Date: _____

Ingredients

250g beef/lamb/pork/turkey mince
1 onion

Named container with a lid

Ingredients vegetarian koftas

- Can red kidney beans
- 1 onion

Named container with a lid