

Food Technology Ingredients

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: Fruity Flapjacks

Date: _____

Ingredients

• 150g oats

• 50g sugar

• 50g butter or soft spread

• 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: Apple Crumble

Date: _____

Ingredients

Crumble

• 150g plain flour

• 50g sugar

• 75g butter/block fat

Apple layer

• 2 cooking apples

Ovenproof dish

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/ mushrooms

• 1 slice ham or pepperoni/salami slices

• 3 olives

• 50g sweetcorn

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

Food Technology Ingredients

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: 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