

Food Technology Ingredients Cost

Year 5 (9 week rotation, 1 hr per week)

Currently Y5 make fruit salad but this will change to pasta salad after Easter.

Year 6 (9 week rotation, 2 hrs per week)

Year 7 (13 week rotation, 2 hrs per week)

Year 8 (13 week rotation, 2 hrs per week)

All recipes are basic suggestions and can be changed if required to accommodate pupil's preference and dietary requirements. Any changes that pupils make to their recipe could increase the total cost. Please note that all prices are based on a local supermarkets home brand products and are subject to change.

\*All ingredients highlighted can be provided by the Food Technology Department.

Food Technology Ingredients		
Year 5	Ingredients	Cost (approx.)
Pizza Toast	2 slices of bread/bagel/half French stick	£0.02
	30g cheese	£0.16
	Half yellow pepper	£0.25
	1 spring onion	£0.10
	1 mushroom	£0.07
	Tomato puree or pizza sauce	£0.06
	Half teaspoon of mixed herbs	£0.10
		£0.76 = Total
Pasta Salad	<b>For the dressing:</b>	
	1 tablespoon olive oil	£0.07
	2 tablespoons cider vinegar	£0.09
	salt and pepper	£0.01
	<b>For the pasta salad:</b>	
	200g pasta or couscous	£0.24
	1 x tin of sweetcorn (drained)	£0.50
	½ a pack of cherry tomatoes	£0.48
2 spring onions (finely chopped)	£0.20	
½ cucumber (diced)	£0.35	
	£1.94 = Total	
Fruit Salad	1 banana	£0.16
	100g blueberries	£1.00
	1 apple	£0.09
	1 orange	£0.40
	1 pear	£0.32

		£1.97 = Total
<b>Year 6</b>		
Pancakes	50g blueberries, raspberries or strawberries	£0.50
	15ml honey or 15g sugar	£0.08
	1 small egg	£0.23
	100g self-raising flour	£0.06
	½ teaspoon baking powder	£0.04
	125ml semi skimmed milk	£0.05
		£0.96 = Total
Burgers	500g of good quality mince meat	£3.50
	1 small onion	£0.26
	1 small egg	£0.23
	mixed herbs (optional)	£0.10
	seasoning	
	Optional extras (see below):	
	1 burger bun	£0.11
	1 tomato	£0.20
	1 lettuce leaf	£0.05
	1 desert spoon of tomato ketchup or mayonnaise	£0.04
	£4.49 = Total	
Smoothies	150g fresh or frozen blueberries or strawberries	£1.50
	1 bananas	£0.16
	500ml thick natural yogurt	£0.60
	200ml milk	£0.08
	honey (optional)	£0.08
		£2.42 = Total
<b>Year 7</b>		
Bolognese	1 onion	£0.26
	1 clove garlic	£0.04
	1 carrot	£0.06
	1 celery stick	£0.07
	1 x 15ml spoon oil	£0.07
	250g minced beef	£1.75
	1 x 400g canned chopped tomatoes	£0.35
	1 x 15ml spoon tomato puree	£0.06
	1 x 5ml spoon mixed herbs	£0.10
	100ml water	
	Seasoning	£0.01
	1 beef stock cube	£0.07
	£2.84 = Total	
Stir Fry	100g noodles (cooked)	£0.60
	2 spring onions or ½ red onion	£0.20

	1 clove garlic 1 pepper french beans ½ pack spinach ½ pack soy sauce	£0.04 £0.50 £0.63 £0.70 £0.20  £2.87 = Total
Chicken Curry	2 chicken breasts 1 tin chopped tomatoes 1 small tin / carton coconut milk 1 medium onion 1 garlic clove curry powder to taste	£2.12 £0.35 £1.00 £0.26 £0.04 £0.10  £3.87 = Total
Fajitas	2 chicken breasts finely sliced (or 1 pack of steak strips or quorn) 1 red onion finely sliced 1 red pepper sliced Fajita seasoning 2 medium garlic cloves crushed Table spoon olive oil Juice 1 lime	£2.12  £0.26 £0.50 £0.10 £0.08 £0.07 £0.35  £3.48 = Total
<b>Year 8</b>		
Bread	500g strong white flour 25g butter Salt ½ teaspoon 7g sachet fast-action yeast 300ml tepid water	£0.35 £0.14 £0.01 £0.11  £0.61 = Total
Meat or veg pie	Pastry: 400g plain flour 200g butter  Filling: 200g minced beef 1 large onion 1 potato 1 tablespoon of oil 1 teaspoon of herbs 1 beef stock cube 1 egg Seasoning	£0.40 £1.12  £1.40 £0.26 £0.25 £0.07 £0.10 £0.10 £0.23 £0.01  £3.94 = Total
Seasonal dessert (example of crumble)	Crumble topping: 300g plain flour 175g sugar 200g unsalted butter	£0.30 £0.13 £1.12

	Filling: 450g cooking apples 50g sugar Half teaspoon of cinnamon	£0.88 £0.04 £0.10  £2.57 = Total
Chef recipe	Pupils choose from their chef's project. Ingredients will obviously vary but we can advise them on costing, as it should be part of their research.	