

RECIPE 31

Ages 9-11

TUNA & BROCCOLI PASTA BAKE

FOCUS ON food

RECIPE 31 AGE 9-11

TUNA & BROCCOLI PASTA BAKE

This is a nutritious main meal that's easy to make in school. Swap the vegetables according to the season. Serves 4.

How to make it

1. Cook broccoli in a small amount of boiling water for 3 minutes, drain and cool under running water.
2. Follow packet instructions to cook pasta until just soft (al dente).
3. Heat oil in a pan and stir-fry pepper until soft. Off the heat, stir in the soft cheese, tomato puree and canned cherry tomatoes to make a sauce. Mix well and season with plenty of black pepper.
4. Pre-heat the oven to Gas 6/200°C.
5. Combine the cooked pasta, broccoli and tuna with the cheese and tomato sauce. Put the mixture into an ovenproof dish.
6. Sprinkle breadcrumbs and grated cheese on top of the pasta and bake in the oven for 15 minutes until the breadcrumbs are golden.

Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

Ingredients

- 2 x 185g cans tuna, drained
- 400g can cherry tomatoes
- 150g broccoli, broken into florets
- 1 red pepper
- 225g pasta shapes (eg penne or fusilli)
- 1 tablespoon soft cheese
- 2 tablespoons tomato puree
- Black pepper in mill
- 50g cheddar cheese, grated
- 1 tablespoon sunflower oil

Equipment

Sharp knife, can opener, sieve or colander, grater, chopping board, wooden spoon, measuring jug, large pan, ovenproof dish

Show the children

- How to cook pasta
- How to grate safely
- Bridge and claw knife techniques
- Blanching of broccoli
- How to open a can safely

Under supervision, children can

- Cool the broccoli under running water
- Slice the red pepper
- Use the hob with one-to-one supervision
- Mix ingredients
- Grate cheese

Skills

Claw knife technique, draining through a colander, using the hob, grating, seasoning to taste

TIP!

IT'S EASY TO COOK BROCCOLI IN THE MICROWAVE! PUT IT IN A BUSH WITH A LITTLE WATER. COVER WITH PIERCED CLING FILM AND MICROWAVE ON FULL POWER FOR 2 MINUTES.

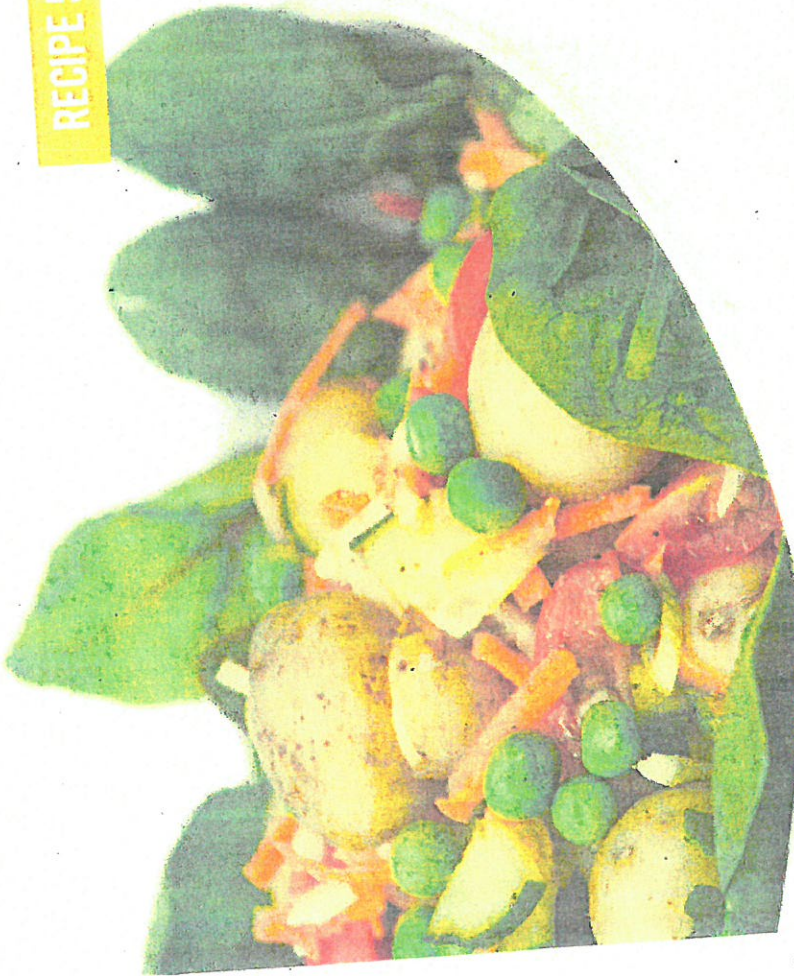
Per 100g serving

ENERGY	25%
	18.14
FAT	28%
	11.14
SATURATES	40%
	7.96
SUGARS	100%
	9.06
SALT	28%
	1.16

% of an adult's reference intake
Typical values per 100g (Energy 519kJ / 123kcal)

NUTRITION INFORMATION		Amount per 100g		Amount per serving	
Typical Values		Energy	578kJ / 137kcal	Energy	578kJ / 137kcal
Protein	8.0g	Protein	8.0g	Protein	8.0g
Carbohydrate	12.2g	Carbohydrate	12.2g	Carbohydrate	12.2g
(of which sugars)	9.0g	(of which sugars)	9.0g	(of which sugars)	9.0g
Fat	11.1g	Fat	11.1g	Fat	11.1g
(of which saturates)	7.9g	(of which saturates)	7.9g	(of which saturates)	7.9g
Fibre	1.2g	Fibre	1.2g	Fibre	1.2g
Salt	0.5g	Salt	0.5g	Salt	0.5g

RECIPE 5



Ages 3-5

SECRET GARDEN SALAD

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RECIPE 5 AGE 3-5

SECRET GARDEN SALAD

The secret to this salad is that you can use whichever ingredients are grown in your school garden or are in season when you're making it. Serves 6.

1. Prepare all the vegetables. Line the serving dish with lettuce leaves or spinach leaves and then arrange the other vegetable ingredients neatly on top.
2. Make the dressing by whisking the oil and vinegar together in the small bowl. Drizzle the dressing over the salad.
3. Spoon 1-2 tablespoons of yoghurt on top of the salad (optional). Serve immediately.

Prepare your ingredients to a suitable level depending on the age and previous experience of the children on the age and previous experience of the children. Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out). Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on. Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson.

TIP! TRY SMALL BROCCOLI FLORETS, PODED BROAD BEANS AND SNAPPED MANGE TOUT – THEY'RE IDEAL FOR THIS AGE GROUP TO PREPARE

Per 100g serving

ENERGY	PERCENTAGE
480kJ / 113kcal	9%
FAT	15%
6.3g	12%
SATURATES	3%
0.6g	12%
SUGARS	3%
3.4g	12%
SALT	15%
Trace	12%

Net of an adult's reference intake
Typical values per 100g (Energy 2536kJ / 604kcal)

NUTRITION INFORMATION

Typical Values	Amount per 100g	Amount per serving (100g)
Energy	2536kJ / 604kcal	2536kJ / 604kcal
Protein	1.5g	1.5g
Carbohydrate	7.5g	7.5g
(of which sugars)	(1.7g)	(1.7g)
Fat	2.4g	2.4g
(of which saturates)	(0.6g)	(0.6g)
Fibre	1.0g	1.0g
Salt	Trace	Trace

- 1 crisp lettuce (eg little gem) washed and patted dry, or use spinach leaves
- ½ cucumber, peeled and diced
- 6 cherry tomatoes, halved
- 6 thin spring onions, cut into 1cm lengths
- 6 radishes, cut in half
- 400g new potatoes, cooked and cooled
- 50g peas, cooked and cooled
- 2 tablespoons vegetable oil
- 1 medium-sized carrot, grated
- 1 tablespoon white wine vinegar
- 1-2 tablespoons natural yoghurt, optional

Equipment

Colander, peeler, chopping board, sharp knife, grater, saucepan, tablespoon, small bowl, fork, serving bowl, kitchen scissors

Skills for children

- How to wash the vegetables
- How to cut the vegetables in chunks using the bridge knife technique
- How you grated the carrot ready for them to sprinkle
- How to pod the peas
- How you cut the spring onions using scissors
- How to mix
- Some ideas for arranging the salad

Underpinning Skills (Teacher 200)

- Pick and wash vegetables
- Pod the peas
- Use the bridge technique on appropriately prepared vegetables
- Mix and drizzle dressing
- Arrange ingredients

Skills for adults

Bridge knife technique, arranging ingredients



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RECIPE 7

Ages 3-5

CHILLI BEAN POTATOES

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RECIPE 7 AGE 3-5

CHILLI BEAN POTATOES

A twice-baked jacket potato recipe with a Mexican twist. Makes 1 large or 2 small servings.

1. Heat the oven to 200°C/Gas 6.
2. Wash the potatoes and prick them with a fork. Place on a baking tray and bake for one hour or until soft. Remove from the oven and cool slightly.
3. Cut the potato in half and hollow each side out using a tablespoon. Place the cooked potato in a mixing bowl with the tomato puree and sweet chilli sauce. Mash thoroughly.
4. Stir in the beans, tomatoes and spring onion. Season with black pepper.
5. Spoon the potato mixture back into the potato skins, pressing down well with a tablespoon.
6. Place on a baking tray and sprinkle with cheese and paprika.
7. Bake for 15-20 minutes until the cheese is melted and golden-brown.

Prepare your ingredients to a suitable level depending on the age and previous experience of the children. Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out).

Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on.

Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson.

Per 100g potato (100g)
Wet weight (includes water)
Typical values per 100g, Energy 500kJ / 120kcal

Typical Values	Amount per 100g	Amount per serving (300g)
Energy	540kJ / 128kcal	1620kJ / 384kcal
Protein	7.6g	22.8g
Carbohydrate (of which sugars)	17.4g (2.2g)	52.2g (6.6g)
Fat (of which saturates)	0.1g (0.1g)	0.3g (0.3g)
Salt	0.5g	1.5g

Typical Values	Amount per 100g	Amount per serving (300g)
Energy	540kJ / 128kcal	1620kJ / 384kcal
Protein	7.6g	22.8g
Carbohydrate (of which sugars)	17.4g (2.2g)	52.2g (6.6g)
Fat (of which saturates)	0.1g (0.1g)	0.3g (0.3g)
Salt	0.5g	1.5g

- 1 washed medium/large baking potato
- 1 teaspoon tomato puree
- 1 teaspoon sweet chilli sauce
- 50g canned red kidney beans
- 1 fresh tomato, finely chopped
- 1 spring onion, cut into short pieces
- Freshly ground pepper
- 2 tablespoons reduced fat Cheddar cheese, grated
- ½ teaspoon paprika

Chopping board, mixing bowl, sharp knife, fork, teaspoon, tablespoon, measuring spoons, grater, baking tray

How to scoop out the cooled potato flesh
How you cut the spring onions using scissors
The bridge knife technique to cut the tomato into chunks
How to use a measuring spoon
How to mash and mix

Scoop the cooked potato flesh out of the skins
Bridge cut the tomatoes into small chunks
Measure the tomato puree, chilli sauce and paprika using measuring spoons
Mash potato with a fork
Mix ingredients and spoon back into potato skins

Bridge knife technique, mashing, scooping, using measuring spoons

TIP! MAKE SURE THE POTATOES ARE COOL ENOUGH TO HANDLE BUT HAVEN'T GONE COLD WHEN SCOOPING OUT THE FLESH



RECIPE 6



Ages 3-5

CHEESY SEEDY STUFFED COURGETTES

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RECIPE 6 AGE 3-5

CHEESY SEEDY STUFFED COURGETTES

A simple stuffed vegetable recipe. Blanched courgettes are soft enough for young children to hollow out. Serves 4.

1. Heat the oven to 200°C/Gas 6.
2. Heat the oil in the saucepan. Add the sliced onions and fry gently until softened, but not browned. Remove from the pan and set aside in the mixing bowl. Allow to cool.
3. Half-fill the (clean) saucepan with water. When boiling, add the trimmed and halved courgettes. Cook for 3 minutes (blanching), then use the tongs to lift the halves out of the water, drain and place on the baking tray.
4. With a teaspoon, hollow out the centre of each courgette half. Place the flesh and seeds in the bowl with the cooled onions. Add the sunflower seeds and mix.
5. With a teaspoon, half-fill each of the courgette halves with the onion and seed mixture. Crumble the feta cheese evenly over each one.
6. Mix the grated Cheddar cheese and parsley together. Sprinkle it over each filled courgette half.
7. Bake for 12-15 minutes until the cheese has melted and the tops are golden-brown.

TIP! BLANCHING COURGETTES MAKES IT EASIER FOR CHILDREN TO REMOVE THE SEEDS AND FLESH

Per 100g courgettes (100g)

ENERGY		11%
500kJ / 120kcal		
FAT	15.9g	31%
SATURATES	1.4g	27%
SUGARS	1.4g	3%
SALT	1.0g	17%

As a guide to reference values
Typical values per 100g: Energy 500kJ / 120kcal

NUTRITION INFORMATION		Amount per serving
Typical Values		500kJ / 120kcal
Energy	500kJ / 120kcal	500kJ / 120kcal
Protein	3.3g	5.5g
Carbohydrate	2.8g	9.9g
(of which sugars)	(2.8g)	(7.6g)
Fat	5.9g	15.3g
(of which saturates)	(2.1g)	(5.4g)
Salt	1.5g	4.0g
	0.9g	2.0g



Scooping, crumbling, tearing

- 2 tablespoons vegetable oil
- 2 onions, peeled and thinly sliced
- 4 courgettes, trimmed and halved lengthways
- 100g reduced fat feta cheese, crumbled
- 3 level teaspoons sunflower seeds
- 50g grated Cheddar cheese

Chopping board, sharp knife, saucepan, wooden spoon, tongs, mixing bowl, teaspoon, grater, baking tray

Prepare your ingredients to a suitable level depending on the age and previous experience of the children. Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out). Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on. Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson.

How to hollow out the blanched courgette halves
How to mix
How to crumble and sprinkle cheese
How to tear herbs

Hollow out the courgette 'boat'
Crumble the feta cheese
Tear the parsley into small pieces
Mix the filling ingredients
Place the filling in the hollowed out courgettes
Sprinkle the grated cheese topping

RECIPE 27

Ages 9-11

TOMATO & BASIL BREAD

FOCUS ON FOOD



RECIPE 27 AGE 9-11

TOMATO & BASIL BREAD

This tasty pull-apart bread looks like a savoury version of a Chelsea Bun. Enjoy it with a salad, soup or Italian dish. Makes 8 servings.

How to make it

1. Put the flour and yeast in the mixing bowl. Make a well in the centre and add the oil and warm water.
2. Stir with a wooden spoon to form a slack dough. Sprinkle flour on to the work surface and knead the dough until it becomes smooth, springy and feels 'silky' to the touch.
3. Shape the dough into a rectangle, then roll it out with a rolling pin to approximately 30cm x 20cm.
4. With the long side of the dough nearest to you, dot the surface of the dough with the chopped sun-dried tomatoes. Tear the basil leaves and place them evenly over the dough.
5. With both hands, carefully roll the dough up, sealing in the chopped tomato and basil.
6. With a knife, cut the dough into halves, quarters and eighths to create 8 even-sized pieces. Heat the oven to 220°C/Gas 7.
7. Place the bread pieces slightly apart (cut sides downwards) on the baking tray (or arrange them in the cake tin).
8. Leave the bread to rise for approximately 30 minutes or until it is twice its size.
9. Bake for around 20-25 minutes until golden-brown. Serve warm.

TIP! TRY OTHER FILLING COMBOS: EG CHEESE AND CHIVE, LEEK AND MUSHROOM OR ONION AND PEAS

Per piece (100g)

ENERGY		FAT		SATURATES		SUGARS		SALT	
MP	6.34	MP	0.4g	MP	0.4g	MP	0.4g	MP	0.4g

% of an adult's reference intake
Total values per 100g: Energy 1551kJ / 372kcal

NUTRITION INFORMATION		Amount per 100g		Amount per serving (89g)	
Typical Values					
Energy	1551kJ / 372kcal	6.34	6.34	4.1g	4.1g
Protein	6.3g	6.3g	6.3g	20.3g	20.3g
Total Fat	0.4g	0.4g	0.4g	0.3g	0.3g
Saturated Fat	0.4g	0.4g	0.4g	0.3g	0.3g
Fibre	2.3g	2.3g	2.3g	1.7g	1.7g
Salt	0.3g	0.3g	0.3g	0.2g	0.2g

Ingredients

- 225g strong white plain flour
- 7g easy-blend microfine yeast
- 2 tablespoons tomato oil
- 150ml warm (not hot) water
- Extra flour (for rolling out)
- 2-3 tablespoons sun-dried tomatoes below drained and chopped
- 10-12 fresh basil leaves

Equipment

Sharp knife, chopping board, mixing bowl, rolling pin, flour dredger, baking tray or 23cm round cake tin (greased), weighing scales

Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

Show the children

- How to weigh and measure the ingredients
- The correct temperature of the water
- Mixing to form the right dough consistency
- How to knead, roll and shape the bread
- Why and how bread dough should be proved
- How to test bread is cooked

Under supervision, children can

- Prepare the tomato and basil filling
- Make, shape and prove the bread dough
- Test to see if the bread is cooked

Skills

Claw knife technique, tearing, mixing to form a bread dough, kneading, shaping, using scales and measuring jugs

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RECIPE 24

Ages 7-9



CHOCOLATE COURGETTE CAKE



Ingredients

- 200g golden caster sugar
- 200g sunflower margarine
- 150g wholemeal self-raising flour
- 50g white self-raising flour
- 1 level teaspoon baking powder
- 75g cocoa, sieved onto the flour
- 4 medium-sized eggs, beaten
- 150g courgette, coarsely grated

Equipment

Grater, 2 small bowls, sieve, mixing bowl, wooden spoon, fork, tablespoon, spatula, 900g loaf tin (greased and lined) or 12-hole muffin tray and paper cases

CHOCOLATE COURGETTE CAKE

The courgettes in this recipe add moisture to the mixture and count towards your 5 A DAY. This is a lovely cake for events and special occasions. Makes 12 slices or 12 medium-sized muffins.

How to make it

1. Place the grated courgette in a small bowl. Add one level tablespoon of golden caster sugar (from the weighed 200g) and mix it in well. Set aside for 10-15 minutes to allow moisture from the courgette to be drawn out.
2. In the mixing bowl, beat the margarine and remaining sugar together until it is lighter in colour and a fluffy texture. Add the beaten egg, a tablespoonful at a time.
3. Heat the oven to 150°C/Gas 3.
4. With your hand, squeeze the excess juice from the courgette. Add it to the mixture and stir well to combine the courgette. Add the flour and cocoa to the mixture and fold it in gently. The mixture should be a 'soft dropping' consistency.
5. Spoon the mixture into the greased and lined loaf tin and smooth it level with the back of the tablespoon. Bake for 55-60 minutes until well risen and a skewer comes out 'clean'.
6. Serve in slices or with a little crème fraîche for a special pudding.

For muffins, bake at 180°C/Gas 4 for 20 minutes until well-risen and slightly firm to the touch.

TIP! YOU CAN MAKE THIS USING THE ALL IN ONE METHOD AND MIX THE COURGETTES IN AT THE END

Per slice of muffin (75g)
ENERGY 1284kJ / 308kcal 15%

	FAT	SATURATES	SUGARS	SALT
	12.5g	4.1g	17.1g	0.4g

Per 100g of wholemeal self-raising flour
Typical values per 100g (Energy, Fat, Salt) / 400kcal

Typical Values	Amount per 100g	Amount per serving (75g)
Energy	1688kJ / 402kcal	1266kJ / 302kcal
Protein	7.5g	5.6g
Carbohydrate (of which sugars)	35.5g (22.5g)	26.6g (16.9g)
Fibre (of which soluble)	2.5g (1.0g)	1.9g (0.7g)
Fat	4.5g	3.4g
Salt	1.0g	0.8g

Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts on an apron
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

Show the children

- How to grate courgettes and remove excess water
- The creaming method
- Cracking and beating eggs
- Folding in
- How to sieve
- The practical 'rules' for preventing cross contamination when handling and using raw eggs
- What a dropping consistency looks like
- How to grease and line a cake tin

Under supervision, children can:

- Grate the courgettes
- Make the cake mixture
- Spoon the cake mixture into the tin
- Prepare the cake tin

Skills

Using scales, grating, creaming fat and sugar, cracking and beating an egg, folding flour into a creamed mixture, scraping out a bowl with a spatula, dividing mixture into tins