

## **Year 6 Food Ingredients**

Below are the list of ingredients for the practical lessons. If there are any ingredients you are unable to get please let your teacher know before the lesson.

### **Week beginning 17th January**

#### **Greek Salad**

8 lettuce leaves

1/2 red onion

8 cherry tomatoes or 2 large tomatoes

1/4 pepper

1 tbsp. of olive oil or another type of salad oil

**Named, sealable plastic container to carry your Greek salad home in.**

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### **Week beginning 31st January**

#### **Tomato Pasta Salad**

85g of pasta

30g of cheese

6 cherry tomatoes or 2 medium tomatoes

3 tbsp. of passata

1 tbsp. of olive oil or another type of salad oil

**Named, sealable plastic container to carry tomato pasta salad home in.**

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### **Week beginning 21st February**

#### **Cinnamon Berry Granola Bar**

50g butter

20g honey

30g brown sugar

100g oats

50g dried fruit (e.g. raisins, cranberries, apricots, cherries or a combination)

25g sunflower seeds

1/2 tsp cinnamon

**Named, sealable plastic container to carry berry granola bars home in.**

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**Week beginning 7th March**

**Mozzarella and Tomato Tartlets**

2 tomatoes

Tomato puree

1/2 block of puff pastry

Ball of mozzarella (could be replaced with cheddar)

8 black olives (optional)

**Named, sealable plastic container to carry mozzarella and tomato tartlets home in.**

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**Week beginning 21st March**

**Toad in the Hole**

2 sausages precooked or 6 cocktail sausages

100ml of milk

1 egg

50g plain flour

**Named, sealable plastic container to carry toad in the hole home in.**

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**Week beginning 28th March**

**Dough Balls**

150g strong white bread flour

7g sachet of dried yeast

1/2 tbsp. caster sugar

**Named, sealable plastic container to carry dough balls home in.**

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