

**Comberton  
Village College  
Food and  
Nutrition  
KS3 recipes**
**Major commodity groups**

	Bread, cereals, flour, oats, rice, potatoes, pasta	Fruit and vegetables	Milk, cheese and yogurt	Meat, fish, eggs, soya, tofu, beans, nuts, seeds	Butter, oil, margarine, sugar and syrup	Knife skills – meat, fish, and alternatives	Prepare fruit and vegetables	Prepare, combine and shape	Select and adjust cooking process	Weigh and measure	Preparation of ingredients and equipment	Use of equipment	Water based methods - hob	Dry heat and fat based methods - hob	Using the grill	Using the oven	Make sauces – blended, reduction, emulsion	Set a mixture – heating (coagulation)	Use of raising agents	Make a dough	Shaping and finishing a dough	Test for readiness	Judge and manipulate sensory properties
Year 7 BREAKFAST	✓	✓	✓	✓	✓		✓		✓	✓	✓	✓		✓				✓				✓	✓
Year 7 BAKE BLITZ	✓	✓	✓				✓	✓	✓	✓	✓	✓	✓			✓			✓	✓	✓	✓	✓
Year 7 PASTA MASTER	✓	✓	✓		✓		✓		✓	✓	✓	✓	✓				✓					✓	✓
Year 7 WRAP IT UP	✓	✓	✓	✓		✓	✓	✓	✓		✓	✓		✓								✓	
Year 7 CATCH OF THE DAY	✓	✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓								✓	✓
Year 7 GET YOUR GRILL ON	✓	✓		✓	✓		✓	✓	✓	✓	✓	✓		✓								✓	✓
Year 7 VEG OUT		✓		✓	✓		✓		✓		✓	✓					✓					✓	✓
Year 7 FRYS THE LIMIT	✓	✓		✓		✓	✓		✓		✓	✓					✓					✓	✓
Year 7 FRIDAY NIGHT FAKEAWAY	✓	✓		✓	✓		✓		✓	✓	✓	✓					✓					✓	✓
Year 7 MAKE A MEAL	✓	✓		✓	✓		✓		✓	✓	✓	✓			✓								
Y8 Tuna and Veggie Pasta Bake	✓	✓	✓	✓	✓		✓		✓	✓	✓	✓	✓				✓					✓	✓
Y8 Chilli Con Carne		✓		✓			✓		✓		✓	✓	✓				✓					✓	✓

Y8 Fruit Cobbler	✓	✓	✓		✓		✓	✓	✓	✓	✓	✓			✓			✓	✓		✓	✓
Year 8 Loaded Potato Skins	✓		✓	✓			✓	✓			✓	✓		✓	✓						✓	
Year 8 Sizzling Stir Fry		✓		✓	✓		✓		✓		✓	✓		✓							✓	✓
Year 8 Marble Pear Tray Bake	✓	✓			✓		✓			✓	✓	✓			✓			✓	✓		✓	
Year 8 Coconut and Chickpea Curry		✓		✓	✓		✓		✓		✓	✓	✓	✓		✓					✓	✓
Year 8 Fish finger sandwich	✓	✓		✓	✓	✓			✓		✓	✓			✓						✓	✓
Year 8 Decorated focaccia	✓	✓					✓	✓		✓	✓	✓			✓			✓	✓	✓	✓	
Year 8 Calzone	✓	✓	✓	✓			✓	✓		✓	✓	✓			✓	✓	✓		✓	✓		✓
Year 9 Jamie's sweet potato muffins	✓	✓	✓		✓		✓	✓			✓	✓			✓		✓	✓			✓	
Year 9 Mini Spanakopita	✓	✓	✓		✓			✓			✓	✓			✓		✓	✓	✓	✓	✓	
Year 9 Cardamon Buns	✓		✓		✓			✓		✓	✓	✓			✓			✓	✓	✓	✓	
Year 9 Red Thai Turkey Meatballs		✓		✓	✓		✓	✓	✓		✓	✓	✓	✓		✓	✓				✓	
Year 9 Baked Churros	✓				✓			✓		✓	✓	✓			✓		✓	✓	✓	✓	✓	✓
Year 9 Zinger Wraps	✓	✓	✓	✓	✓	✓		✓	✓		✓	✓		✓	✓	✓			✓	✓	✓	✓
Year 9 Paella Orzo Traybake	✓	✓	✓	✓	✓		✓				✓	✓	✓	✓	✓	✓					✓	✓
Year 9 Katsu Curry	✓	✓		✓	✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓				✓	✓
Year 9 Creamy Crab Gnocchi	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓		✓		✓	✓		✓	✓		✓
Year 9 Savoury Plait	✓	✓		✓	✓		✓	✓	✓	✓	✓	✓			✓			✓	✓	✓	✓	