

<p style="text-align: center;">Chopping Skills Date: Friday 15th September 2023</p> <ul style="list-style-type: none"> · 1 kiwi fruit · 1 tomato · 10cm chunk of cucumber <p>A named tub Apron/Old T-Shirt</p>	<p style="text-align: center;">Fruit Plate Date: Friday 29th September 2023</p> <ul style="list-style-type: none"> · Choice of fruits to match your design · · · · <p>A plastic plate (clingfilm will be provided) Apron/Old T-Shirt</p>	<p style="text-align: center;">Smoothies Date: Friday 13th October 2023</p> <ul style="list-style-type: none"> · 2 portions of the fruit of your choice · 1 banana · 150g pot of natural yoghurt · 150ml (¼ pint) of apple or orange juice <p>A named leak-proof container Apron/Old T-Shirt</p>
<p style="text-align: center;">Sandwich Wrap Date: Friday 3rd November 2023</p> <ul style="list-style-type: none"> · One large tortilla · A handful of lettuce · Half a tomato/half of a carrot · 25g of cheese · A piece of foil to wrap it in. <p>Apron/Old T-Shirt</p>	<p style="text-align: center;">Beans on Toast Date: Friday 17th November 2023</p> <ul style="list-style-type: none"> · 1 slice of bread · 1 teaspoon of butter · 1 small tin of beans <p>We will eat this in the lesson Apron/Old T-Shirt</p>	<p style="text-align: center;">Tinned Fruit Crumble Date: Friday 1st December 2023</p> <ul style="list-style-type: none"> · 1 or 2 large tins of fruit · 1 teaspoon of spice (optional) · 100g plain flour · 50g sugar · 50g margarine · 2 tablespoons of oats <p>An ovenproof dish to cook it in, a sheet of foil to cover and a strong bag to transport it home. Apron/Old T-Shirt</p>

Year 5 Ingredients for Food Tech