



Saint Joseph's
CATHOLIC SCHOOL

Design and Technology Department

Y8 Just For Fun Booklet

Food

Just for fun!

Spaghetti Bolognese

Ingredients

2 tbsp olive oil
400g beef mince
1 onion, diced
2 garlic cloves, chopped
100g carrot, grated
2 x 400g tin chopped tomatoes
400ml stock
400g dried spaghetti
salt and pepper



Method

1. Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat (be careful not to burn the mince. It just needs to be a dark brown colour). Once browned, transfer the mince to a bowl and set aside.
2. Add another tablespoon of oil to the saucepan you browned the mince in and turn the heat to medium. Add the onions and a pinch of salt and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes. Add the grated carrot then pour the mince and any juices in the bowl back into the saucepan.
3. Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.
4. When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the bolognese sauce. Mix well and serve.



Food

Just for fun!

Red Onion Focaccia

Ingredients

450g strong white flour
1 tsp salt
7g sachet easy blend yeast
110ml olive oil
5-6 sprigs thyme
4 small red onions, each peeled
and cut into 8 wedges



Method

1. Mix the flour, salt and yeast in a large mixing bowl, either by hand or using a table top mixer.
2. Add half the oil and 300ml warm water, plus the leaves from the thyme.
3. Mix with a spoon to a very soft dough, then knead with the dough hook for 3 minutes. (If you knead by hand, it will take at least 10 minutes. The dough will seem impossibly soft, but persevere and use a dough scraper to bring the sticky mass together. Eventually it will become smooth and cogent.)
4. Oil a baking tin roughly 30x18cm and spread the dough out in the tin, pressing it down evenly. Cover with a tea towel and leave to rise for an hour and a half, until doubled in size. Meanwhile, preheat the oven to 200C/400F/gas mark 6.
5. With your fingertips, press down into the pillowy dough to make dimples all over.
6. Toss the onions in 1 tbsp of oil and drizzle the rest over the focaccia, letting it run into the dimples.
7. Arrange the onions over the top and sprinkle with salt.
8. Bake for 25 minutes, until golden and cooked through.
9. Cool in the tin, covered with a tea towel (this keeps it soft).



Food

Just for fun!

Carrot Cake

Ingredients

250g caster sugar
225ml sunflower oil or any light oil
3 eggs
175g plain flour
1tsp baking powder
Cinnamon
Ground cloves
225g grated carrot
100g walnuts or/and sultanas (optional)



Method

1. Line and grease a swiss roll tin
2. Put sugar into a large bowl
3. Stir in oil and beat with a spoon
4. add eggs one at a time beat until smooth
5. add the flour gradually beating all the time
6. add the spices
7. add the grated carrot and nuts /sultanas
8. place in prepared tin (mixture will be runny)
9. bake in oven 20mins 160oc gas mark 6

cream cheese frosting

beat together 75g cream cheese with 3 tablespoons icing sugar.
When cake is cool spread on top, decorate with a little grated carrot or chopped nuts



Food

Just for fun!

Moroccan Lamb with Couscous

Ingredients

1 medium red onion
3 ripe tomatoes
a small bunch of fresh parsley
1 fresh red chilli
8 dried apricots
ground cumin
a small handful of pine nuts
1 400g tin of chickpeas
200g couscous
1 lemon
1 tablespoon balsamic vinegar
250g lamb neck fillet
natural yoghurt or sour cream to serve



Method

10. Peel and finely chop the onion and chop the tomatoes into chunks. Roughly chop the parsley and stalks, finely chop the chilli and finely slice the apricots.
11. Put the pan on a high heat and add a lug of olive oil. Add onions, chilli, apricots and cook until onions soften slightly.
12. Add 2 teaspoons of cumin, pinch of salt and pepper and the pine nuts and stir. Add tomatoes, most of the parsley and the chickpeas with all the juices and an extra 50ml of water and leave the sauce to bubble away for about 5 mins.
13. While the sauce is simmering, put the couscous into a bowl and pour in just enough boiling water to cover. Add a pinch of salt and pepper, a good squeeze of lemon and a drizzle of olive oil, then cover with foil and leave for 5 to 8 mins.
14. Go back to the sauce and use a spoon to mash it up a bit. When it looks quite saucy add a pinch more salt and pepper and the balsamic vinegar.
15. Put a second pan on a high heat and let it get really hot. Cut the lamb into 2.5cm pieces. Sprinkle chopping board with cumin and salt and pepper. Move the meat around the board to coat it in the seasoning and push the meat down with hands to flatten the pieces. Add a few lugs of olive oil and lamb to hot pan. Cook for about 2 to 3 mins on each side.
16. Uncover the couscous, fluff it up a bit with a fork and put onto plates. Put a few lamb pieces next to it with a nice amount of sauce.
17. Sprinkle with remaining parsley, a dollop of yoghurt or sour cream, a drizzle of olive oil and any meat juices from the pan.



Food

Just for fun!

Vegetable Pasta Bake

Ingredients

1 onion
1 pepper – green or red
100g mushrooms
½ aubergine (optional)
1 courgette
400g tomatoes
3 tbsp olive oil
300ml milk
50g margarine or butter
50g plain flour
100g grated cheese
400g pasta



Method

1. Chop and shallow fry the vegetables to until they are soft.
2. Cook the pasta.
3. Melt the butter in a small pan. Add the flour and stir for 1 minute. Add the milk slowly and stir until the sauce has thickened and then add the cheese and maybe some mustard.
4. Mix the pasta and vegetables in a baking tray.
5. Cover with the sauce and sprinkle with cheese.
6. Bake for 20 minutes at 180°C.



Food

Just for fun!

Gingerbread Cookies

Ingredients

650g self-raising flour, plus extra to dust

3 tsp ground ginger

3 tsp ground cinnamon

175g butter, cut into cubes

225g brown sugar

175g black treacle

2 eggs, beaten



Method

1. Place the flour, ginger, cinnamon and butter in a food processor and pulse until they resemble breadcrumbs (do this in two batches if the bowl is small).
2. Combine the sugar, treacle and egg in a large mixing bowl. Tip in the flour mix and stir, then bring the dough together with your hands.
3. Turn onto a lightly floured surface and knead until smooth.
4. Cover and chill for at least 1 hr.
5. Heat oven to 180C/fan 160C/gas 4.
6. Line three baking sheets with non-stick paper.
7. Shape the dough into cookies. You could roll it out and use a cookie cutter.
8. Lift them onto the baking sheets.
9. Bake for 12 mins or until just firm.
10. Leave to firm up for 5 mins, then transfer to a wire rack to cool.



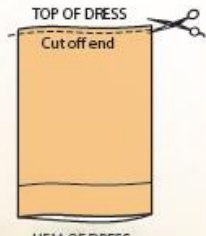
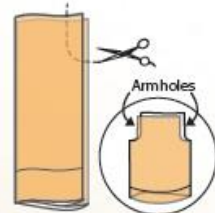
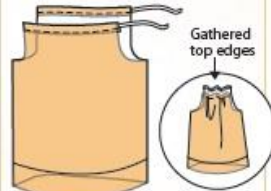

Textiles

Just for fun!



Pillow Case Dress Instructions

"We're not just sending dresses, we're sending hope!"

<p>1 Cut off the sewn end of the pillowcase.</p> 	<p>2 Fold pillowcase in half and cut armholes. Cut through all thicknesses, about 4 inches down and 2 inches in.</p> 	<p>3 Fold down the top about 3/8" at the front and the back. Edgestitch to make a casing. Slide 6 inches of 1/4" elastic through to cause it to gather in the front and repeat for the back.</p> 	<p>4 Cut two 38-inch lengths of double-fold bias tape for armholes. Fold each in half and stitch along armholes, leaving extra at the top to tie dress at the shoulders. Trim is optional.</p> 
-----------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



Simple patterns
CHANGING LIVES

Donations and finished dresses can be sent to:

Little Dresses for Africa
24614 Curtis Drive
Brownstown, MI 48134
734-637-9064

Thank you for your help with Little Dresses for Africa.
Together, we can make a difference...one little dress at a time.

Mulungu akudalitseni!

God bless your good works!

Sizing the dresses really helps!

- Small: Infant, ages 2 to 4
- Medium: ages 5 to 7
- Large: ages 8 to 10
- X-Large: age 11 and up

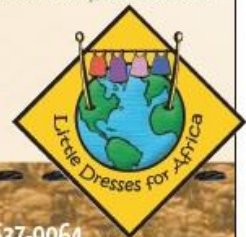
Shorts for boys any size are needed.

Also, any simple pattern is fine to use. Avoid buttons and zippers except as decoration since the children have no way to repair them.

Illustration: By Martha Thierry/Detroit Free Press



www.littledressesforafrica.org

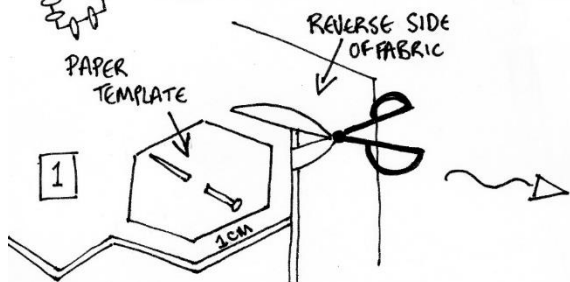
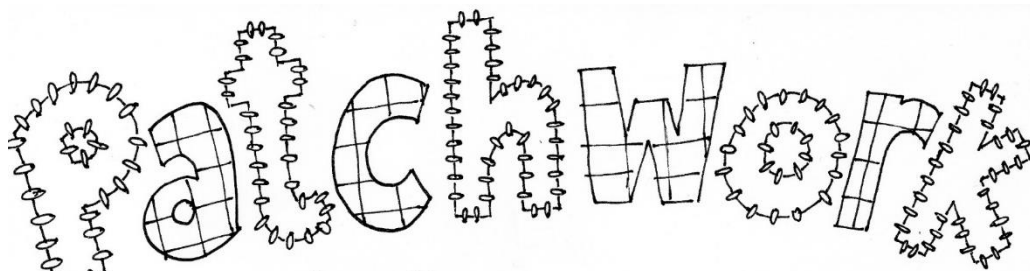


For more information on how to get involved, please contact Rachel O'Neill at 734-637-9064.

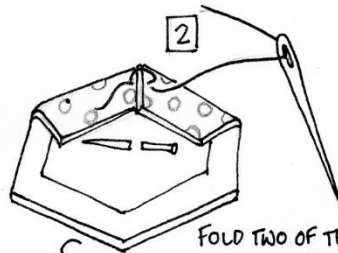


Saint Joseph's
CATHOLIC SCHOOL

Textiles Just for fun!



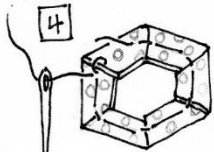
1
PIN YOUR PAPER TEMPLATE TO YOUR FABRIC AND CUT AROUND IT LEAVING A 1cm SEAM ALLOWANCE



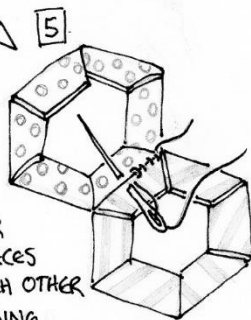
2
FOLD TWO OF THE FABRIC EDGES OVER THE PAPER TEMPLATE AND TACK IN PLACE USING THE STITCH ILLUSTRATED ABOVE.



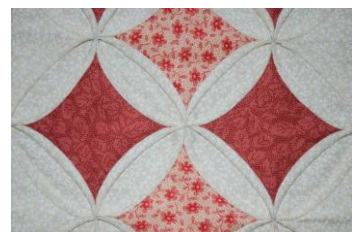
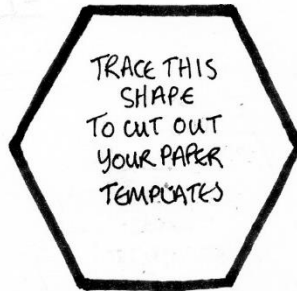
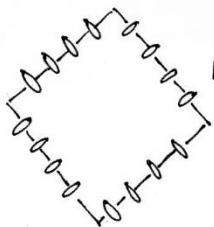
3
FOLD THE NEXT EDGE OVER THE PAPER TEMPLATE AND TACK IN PLACE



4
REPEAT STEP 3 UNTIL ALL OF THE EDGES ARE TACKED INTO PLACE AND THEN REMOVE THE PIN.



5
PLACE YOUR PATCHWORK PIECES ALONG SIDE EACH OTHER AND JOIN USING SMALL OVERCAST STITCHES



Textiles Just for fun!

YoYo Doilies



You will need:

Cotton Fabric, Fabric Shears, Needle, Thread, Buttons, Paper, Chalk



Cut out circles of fabric at least 10cm in diameter. Use chalk and a paper template to ensure accuracy.



Sew along the outer edge of the circle using a running stitch. Try to keep your stitches about 0.5cm in length.



Pull on both ends of the thread so that the fabric gathers as shown (image to the left) and tie the ends together.



Place 2 buttons on top of each other and sew them onto the centre of your doily.

Why not try using your doilies to decorate a cushion, hairband, bag or your pencil case. You could even attach them to kirby grip or a safety pin to make brooch.



Saint Joseph's
CATHOLIC SCHOOL

Textiles

Just for fun!



Bunting Project

- Supplies
- Fabric.
- 3m of Ribbon – approx 2-3cm wide.
- Fabric Shears
- Pins
- Thread
- Sewing Machine - Straight stitch length 2.5

Stage 1 -
Lay fabric
pieces of



Cutting out your bunting.

out with any patterns facing up. Lay your pattern pieces onto the fabric as instructed. Cut as many flags as you would like to. I made 6 flags so cut 12 fabric out.



Stage 2 - Preparing your pieces ready for sewing.

Place your first piece of fabric on the table with the right side facing up at you. Lay on a second piece face down so the right sides are together and pin along the two long sides. There is a dotted line drawn across the point of the pattern piece. When your pieces are pinned together, place a pin along this line on the point as a reference for when to stop and pivot. This will help you to sew the flag accurately with a 1cm seam allowance on both sides. Sew a 1cm seam allowance along the two long edges to make a 'v' shape, making sure to not sew the top closed as you'll need to turn them through!

Stage 3 - Preparing your bunting flags.

Trim the excess fabric off at the point to reduce the fullness. Turn the flags the right way round and carefully poke the point through with small scissors. Iron the flags so that they are all flat and neat. Trim any excess off the top so that you have a neat straight line.



Stage 4 - Pinning your flags onto the grosgrain.

Allowing a long length for the tie on one end, place your first flag onto the grosgrain so that it sits just under halfway down from the top. Pin in place. Measure 10cm along and place the next flag in position. Repeat for the rest of the flags. Leave a long length at the other end also for the tie.

You can either stage, or sew length which will

you are confident, you can skip to the next
Fold the grosgrain down over the raw edge of place. This is where you will notice that it is placed them under halfway so that the the raw edge. You don't need to fold the tie along where the flags are.



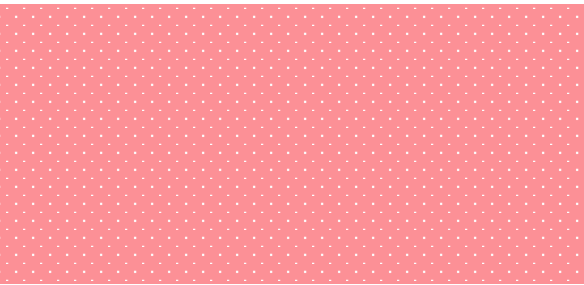
tack the flags on at this them on using a long stitch keep them all in place. If step.

the bunting flags and pin in important that you have grosgrain sits equally over sections in half, just sew



Textiles

Just for fun!



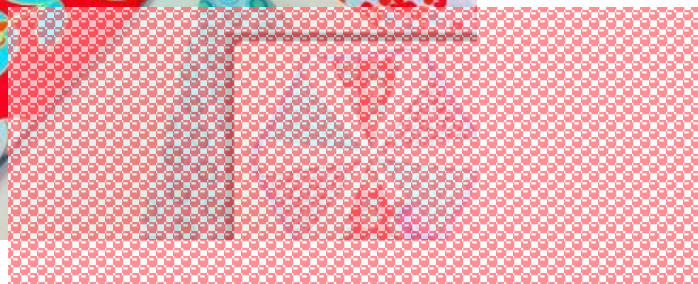
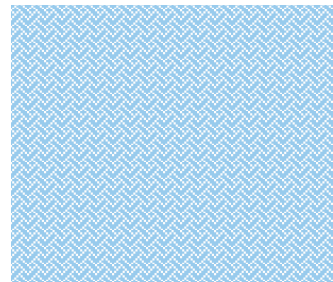
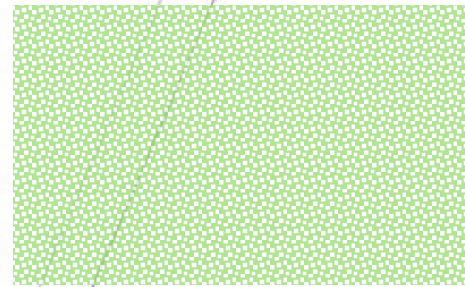
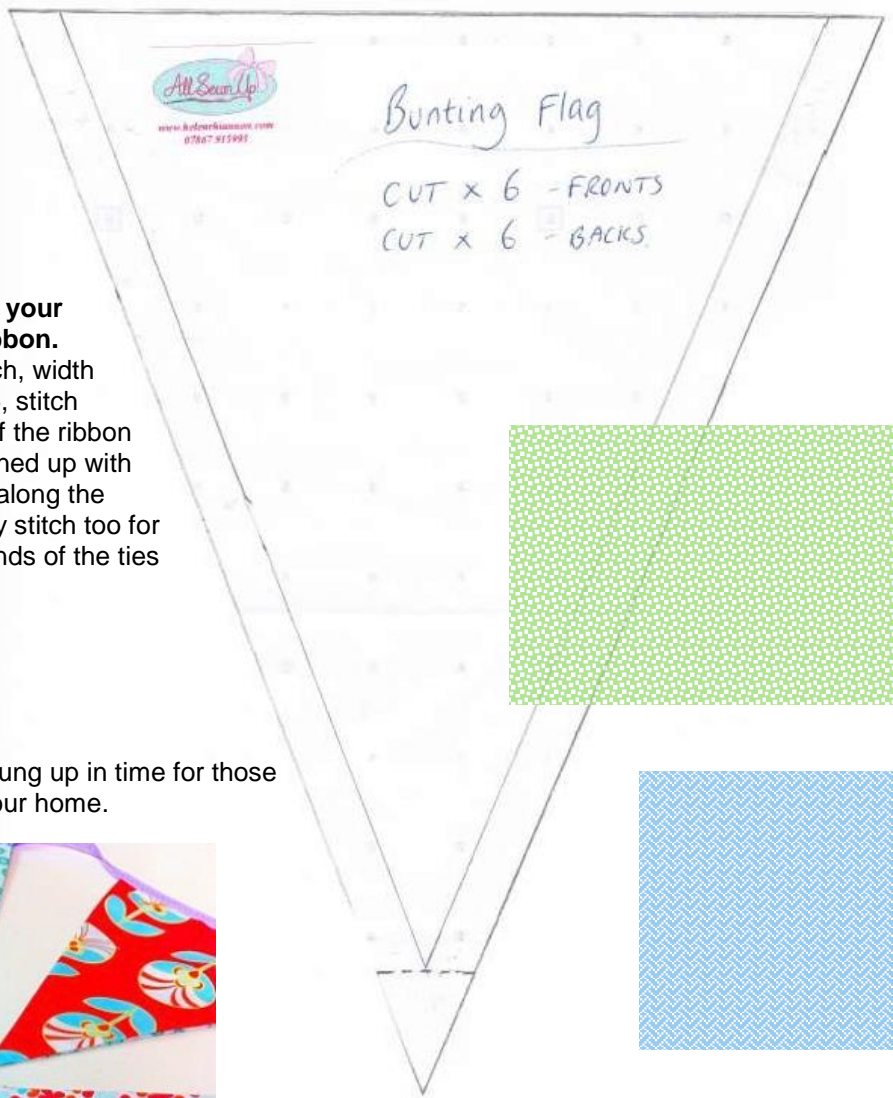
Stage 5 - Sewing your flags onto the ribbon.

Using zig-zag stitch, width 4-5 and length 2.5, stitch along the length of the ribbon keeping the foot lined up with the edges to sew along the centre. Try a fancy stitch too for

that special finishing touch! Fold over the ends of the ties twice and stitch down with straight stitch.

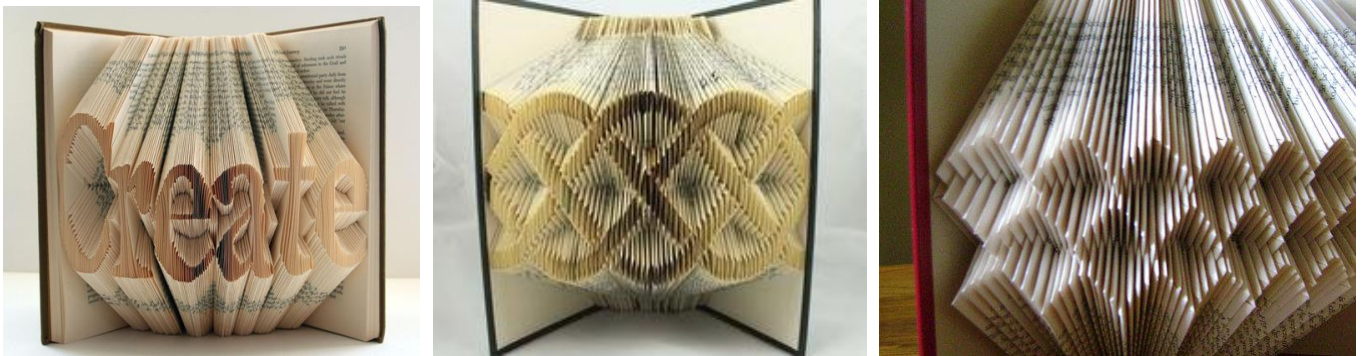
Stage 6 - Finishing your bunting.

And that is it! Your bunting is ready to be hung up in time for those Summer garden parties or to brighten up your home.

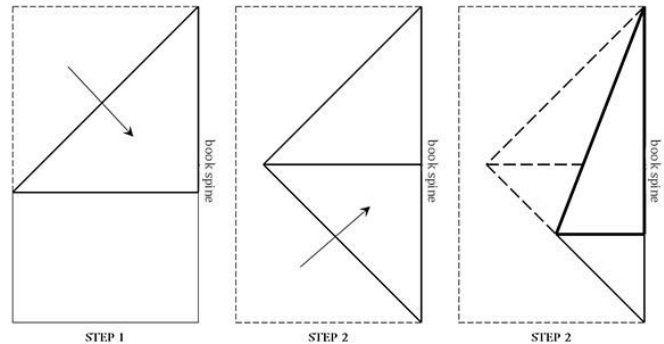


Graphics Just for fun!

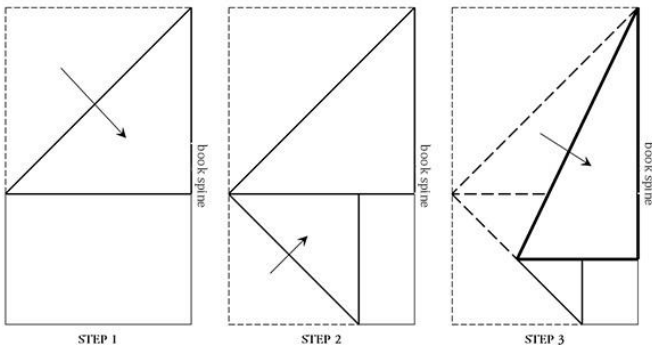
BOOK SCULPTURE



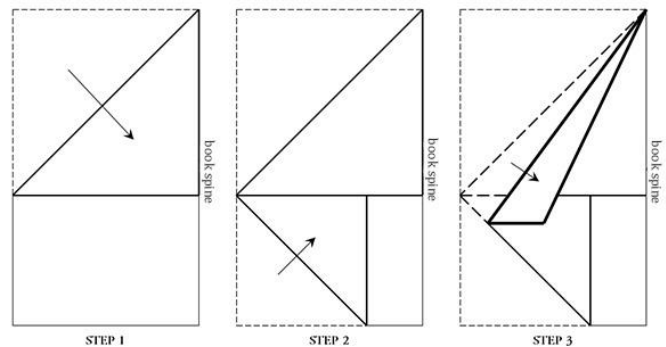
Tutorial:



(1) To make the middle folds in the Utzon Book Sculpture, follow Diagram A.



(2) To make the background folds right behind the series of triangle folds, follow Diagram B.



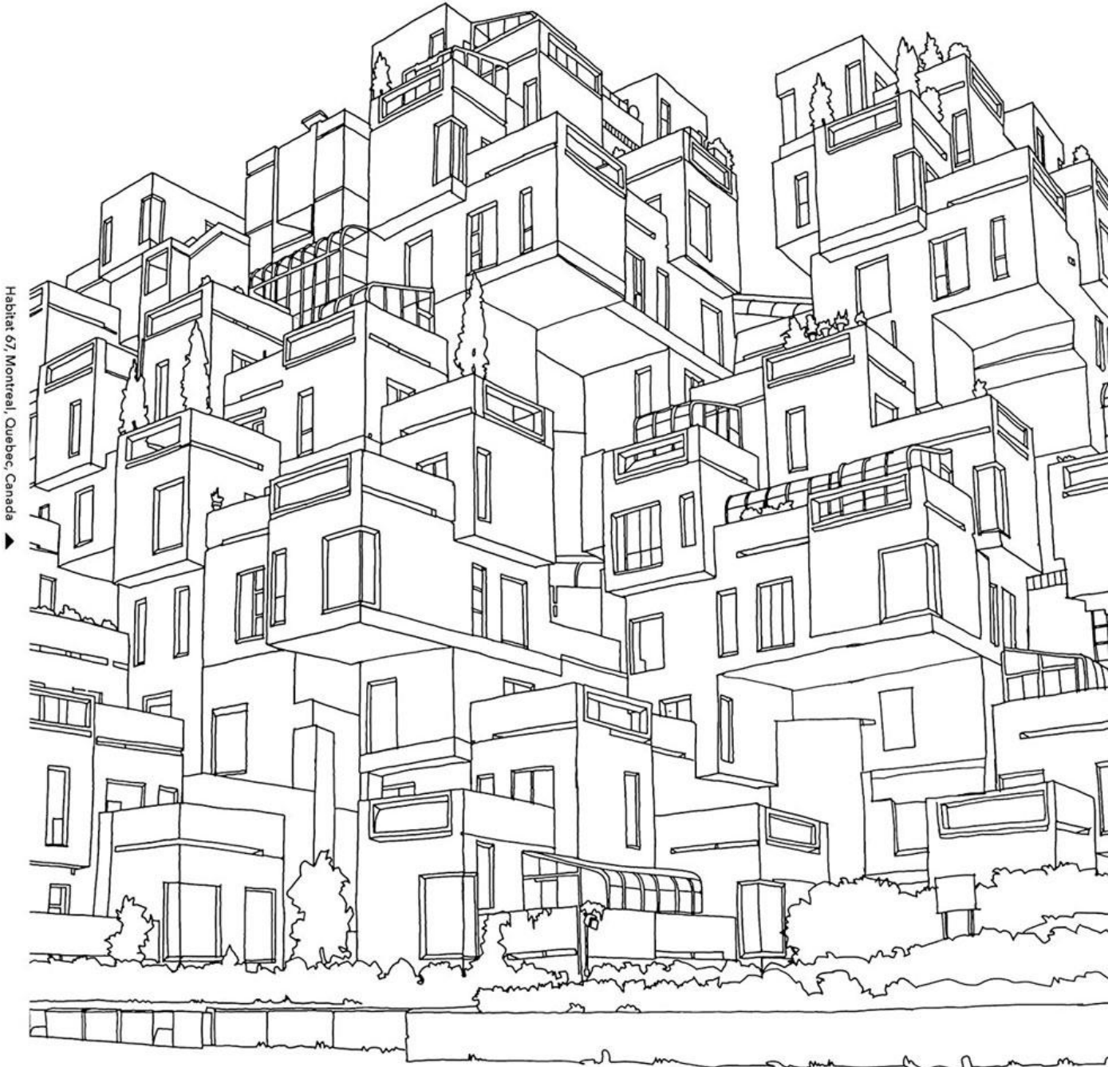
(3) To make the background folds right behind the folds you made in (2), follow Diagram C.

(4) To make the last background fold in the Utzon Book Sculpture, just follow steps 1 and 2 in Diagram C.



Graphics Just for fun!

You are never too old for colouring in! Have a go at colouring the image below – try using tone to make it look more 3D.



Saint Joseph's
CATHOLIC SCHOOL

Graphics

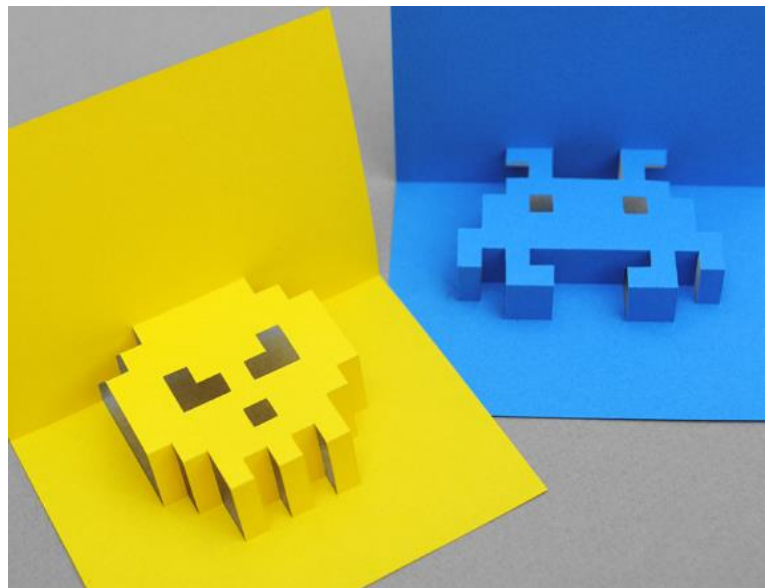
Just for fun!



You will need:

- ♥ Paper
- ♥ Craft knife
- ♥ Ruler (preferably a metal one)
- ♥ Cutting mat (optional)
- ♥ Needle (or compass point) for scoring

1. Trace the template and then transfer the image onto your card.
2. Cut and score along the correct lines (as shown on the next page). Do ensure that you cut and score as accurately as you can. (Try using a needle and ruler for scoring).
3. As you (slowly) fold the card in half the space invader, or skull, should begin to pop-out. This is the trickiest step so make sure you take your time. If the shape does not automatically pop out you can use a toothpick (or something similar) to ease the shape out as you are folding. When your card is shut smooth down.
4. Cut out the outer card and glue/tape the pop-up insert inside. You can use patterned paper if you fancy it.
5. Cut out your envelope template
6. Pop card inside
7. Stick down!

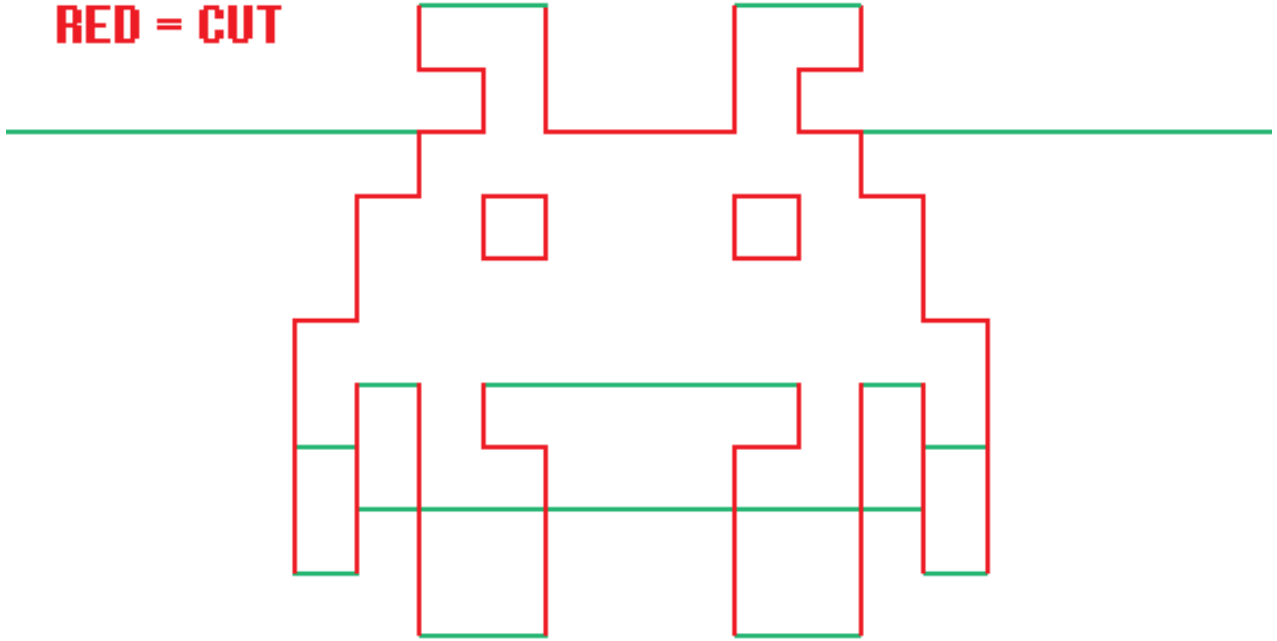


Graphics

Just for fun!

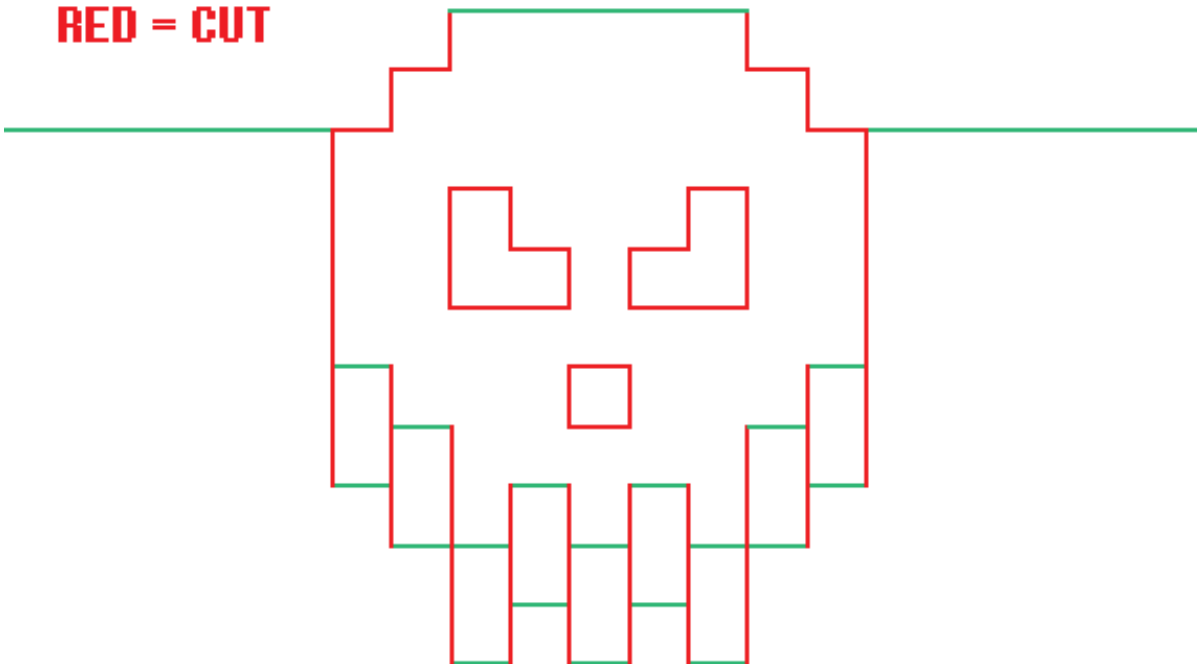
GREEN = SCORE

RED = CUT



GREEN = SCORE

RED = CUT

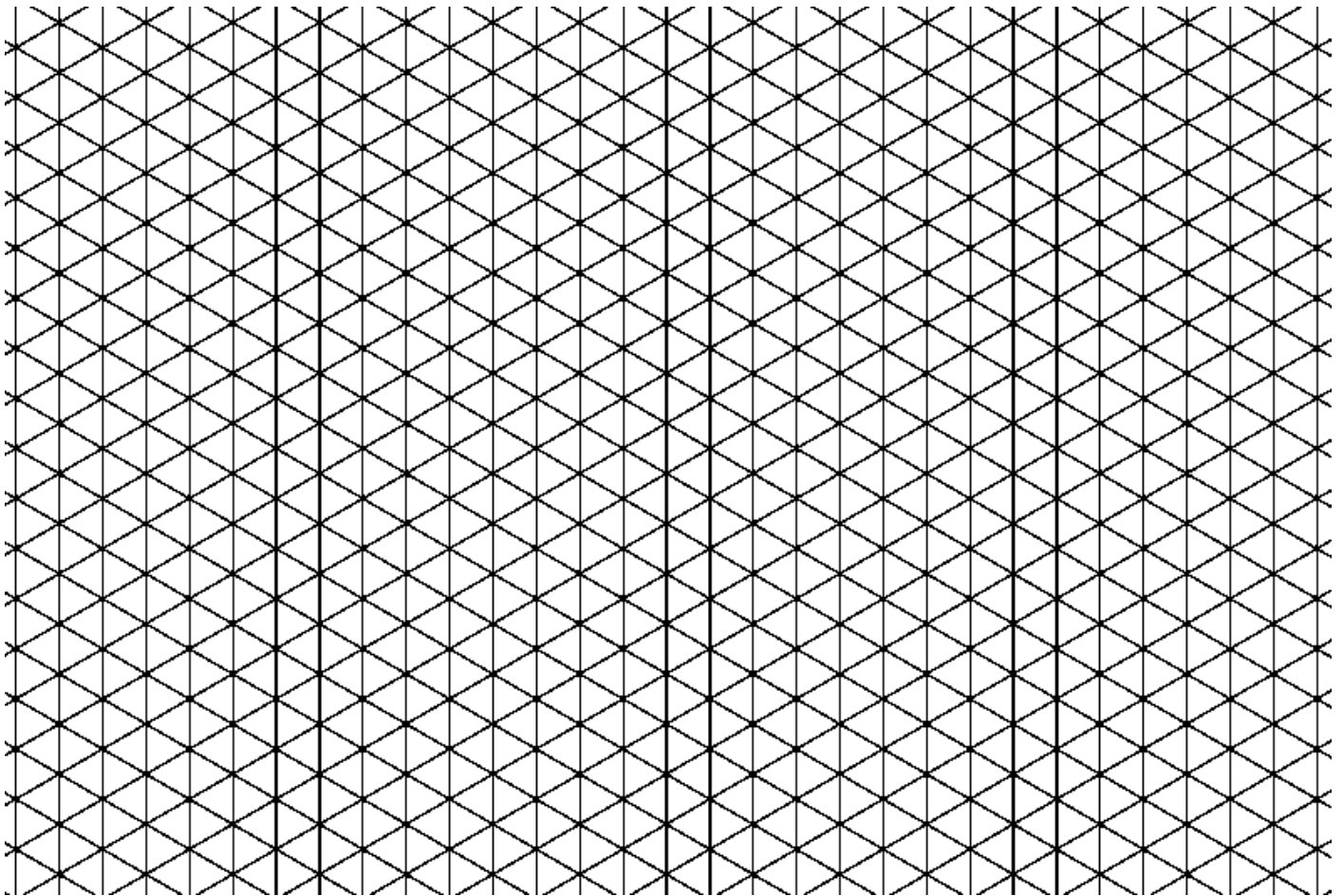
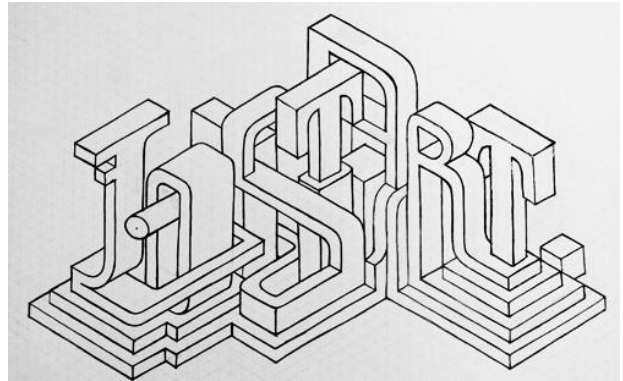
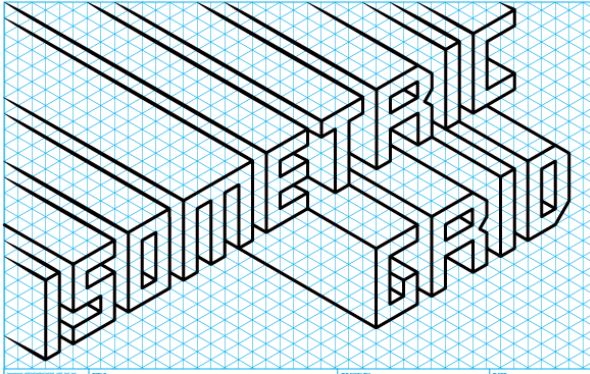


Graphics

Just for fun!

ISOMETRIC TEXT

Lay paper over the grid below (so that you can see the lines through the paper) and have a go at creating your own isometric text.



Product Design

Just for fun!



Use contrasting colours for the front and back to get the maximum impact when the heads start to spin in the wind.

This basic principle, for the headpiece, also makes a great decoration idea for parties. You could thread a series of windmills in pretty colours along a string for a fun and unique garland, or write people's names on them as use them as place cards! People will love having their very own handmade windmill to take home with them.

Wooden dowels are even better than straws for the stick of the paper windmills, as they won't bend or break easily. You might have to give the pin tacks an extra little push but they'll go in fine with just a little extra encouragement.

Materials

Spotty and stripy paper
Straws
Glue
Drawing pins and small beads

Instructions

1. For each windmill, cut two 14cm squares, one red and one blue. Glue back to back and leave to dry.
2. Draw diagonal lines from corner to corner and make a 5cm cut along each line.
3. Fold every other point towards the centre and glue in place.
4. Fix the windmill to a straw with a drawing pin, gluing a bead over the point.

Now all there is left to do is to have fun! Spin your paper windmills as fast as you can and see which is fastest! The trick is to not fasten the pin tack too tightly to allow plenty of room to move round the bar.



Saint Joseph's
CATHOLIC SCHOOL

Product Design

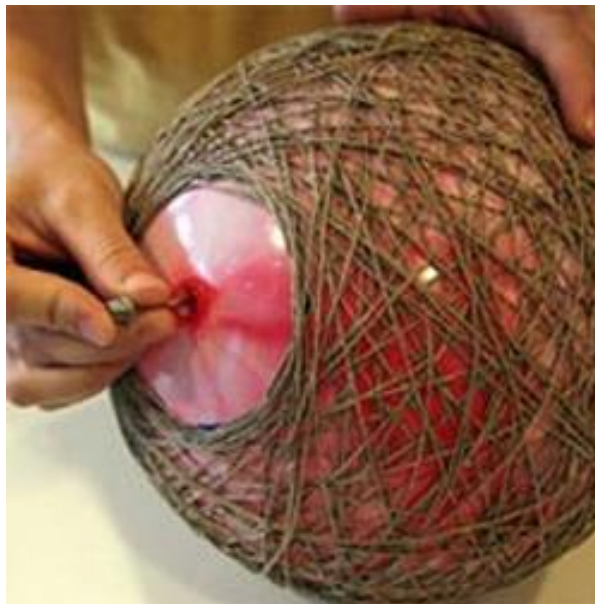
Just for fun!



Create your own instant lampshades with an old ball and some string

Here's how:

1. Draw a circle on the ball with a permanent marker. This circle will mark a space on the lamp that needs to remain clear of string. The empty circle will be used in assembling the light fixture and will allow you to have access for changing light bulbs. If the light fixture you are using has lampshades, make sure that the circles are big enough for the shades to easily pass through.
2. The best way to apply the glue is to squeeze a small amount onto your fingers and run the hemp string through the glue and then wrap it around the ball. The string should stick fairly easily to the ball.
3. Glue and wrap, glue and wrap. Just keep going. Try criss-cross patterns. The more densely wrapped the lamp is the stronger it will be.
4. Make sure to avoid the circle area. If there are any areas that seem weak, you can apply a little extra glue to give it more strength.
5. Repeat the steps 1-5 the glue dry
6. Use the inflating needle to deflate the ball.
7. Remove the deflated ball from the lamp.
8. Feed the light fitting through the circle hole of the lamp and up through the top, so that the light bulb will hang down in the centre of the sphere.



and wrap, glue and wrap. to wrap randomly to avoid The more densely wrapped stronger it will be. wrapping string over the are any areas that seem little extra glue to give it

to make multiple lamps. Let completely. needle to deflate the ball. ball from the lamp. through the circle hole of through the top, so that the down in the centre of the



Saint Joseph's
CATHOLIC SCHOOL

You will need:

Plastic balls of various sizes

Clear drying craft glue

Hemp string

Permanent marker

Ball inflating needle

Light fixture and hardware

Product Design

Just for fun!

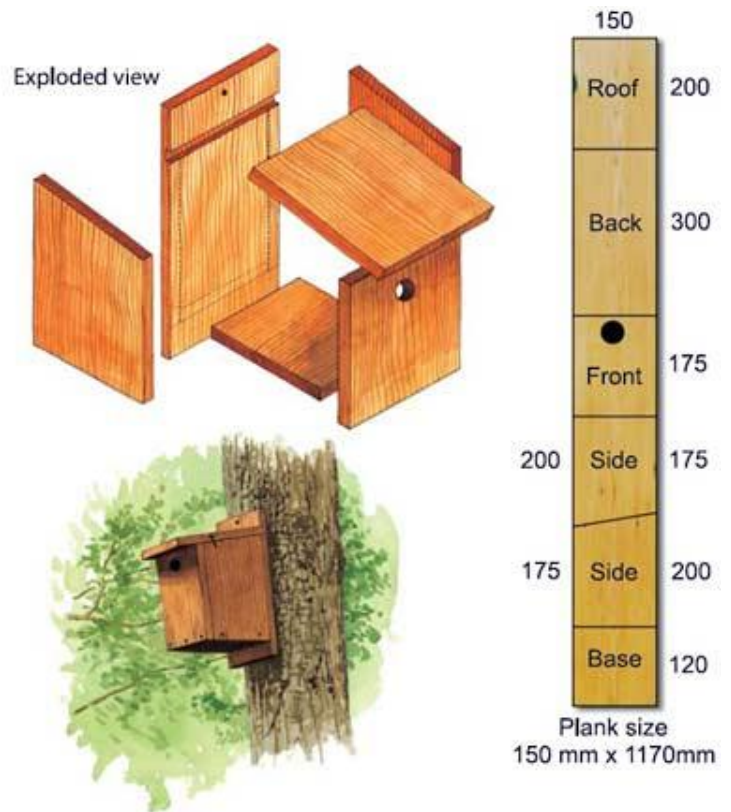
Building a nest box

Before you start building your nest box study the nest box illustrations, dimensions and advice on the materials to use and the hole sizes. Make sure that you put your box up as soon as it has been built – the longer it's up, the more chance it has of attracting visitors.

Materials

It is important that the inside of the box doesn't get too cold or warm and that the box is durable.

- Nest boxes should be **made from wood** (Woodcrete - a unique combination of sawdust and concrete is often used for commercial boxes). Metal and plastic are unsuitable materials as they may cause the contents of the nest to overheat or allow condensation to build up inside the box, wetting eggs and chicks.
- The type of wood used is not critical but **hardwoods**, such as oak and beech, will outlive soft wood, such as pine.
- Rather more critical is the **thickness of the wood**, which should be at least 15mm to provide sufficient insulation and to prevent warping.
- It is better to **nail your box together** rather than gluing it (remember to use galvanized/stainless steel nails to stop rust) as this allows water to drain.
- Make sure you **drill a couple of holes in the base** of your box to ensure that any rain that does get in can drain out quickly.
- **Top tip - Do not put a perch on the front** of the nest box as this is not necessary and may aid access to a predator!



Hole sizes

Different size holes are suitable for different species:

- 25mm or larger for Blue, Coal and Marsh Tit;
- 28mm or larger for Great Tit and Tree Sparrow;
- 32mm for House Sparrow.

Access for inspection and cleaning

Nest boxes should have a means of easy access for both inspection and cleaning.

Attach a waterproof hinge to the roof of the box, so that it can be lifted easily but won't fall off. Car inner tubes or Butyl rubber are ideal waterproof materials to use. Cut the rubber to the width of the box, and then nail the rubber along the back of the box and to the roof.



Product Design

Just for fun!

Stripy Plaster Candle Holders

Supplies:

Powder plaster,
Plastic container for mixing,
Silicone square mould/large ice cube tray
Tea lights
Acrylic paint and paintbrush
Metal or wooden spoon



How to make your own:

1. Scoop powdered plaster into a small container and mix with water according to directions.
2. Stir water and plaster mixture until you achieve desired consistency, which should be similar to pancake batter. *Plaster sets very quickly, so you will want to work fast.*
3. Pour mixture into square mould or gently scoop the mixture in with a spoon.
4. Wait 2-3 minutes for it to start to set up. While it's setting up, remove the candles from the metal shell they sit in. And place one in the top of each square. Then add coins or other small heavy objects to weigh it down, so it stays in place.
5. Set aside and allow the plaster to harden for at least one hour (dry time may vary).
6. Carefully remove the plaster cubes from the mould one at a time and let them finish air-drying for a full 24 hours.
7. Now that your cubes are completely dry, you can seal them with matte medium (optional) and then begin painting them.
8. Wait for the votives to dry completely add the candles back into the tea light shells and you are done.

There are so many uses for these little guys. You could give a set to your mum for Mother's Day or keep them all for yourself.



Saint Joseph's
CATHOLIC SCHOOL