

Pound Road, Oldbury, West Midlands, B68 8NE
Telephone: 0121 533 3750 Fax: 0121 533 3799

Our Ref: ING/KS3

Monday 9th September 2024

Dear Parent/Carer

Ingredients for Practical lessons in Food Technology

During Year 9 students will have the opportunity to cook a range of dishes in Food Technology. These will follow government guidance on healthy eating and are linked to the national curriculum for KS3 as well as including links to our KS4 curriculum in Hospitality and Catering. We are mindful of costs of ingredients and try hard to design our lessons based on the skills required for students to progress and become confident and independent in the Food room whilst considering the needs of our students and families.

Students are expected to provide their own ingredients for practical lessons and we have space available to store them before and after the lesson. Students can adapt the recipes to suit personal taste or any dietary needs.

On the back of this letter is a list of ingredients for each practical lesson and any relevant information linked to dishes. The exact date of each practical will be arranged with your child's teacher during the term. The ingredients list and date of practical will also be shared on SMHW, along with a video of how to make the dish and a quiz to help students to be prepared for the task. Any ingredients highlighted yellow will be provided by the school.

If there is any reason why providing ingredients will be difficult on some or all practical lessons, please let your child's teacher know as soon as possible. We are able to support with this and understand that circumstances may change. We need at least a weeks notice prior to a practical lesson to be able to prepare resources, without this information if your child arrives without ingredients there will be a sanction applied.

Thank you in advance for supporting your child, and I hope you enjoy the dishes we make over the coming months.

Yours faithfully

Miss J Hammersley

Head of Applied Learning and Technology Faculty

Name of dish	Ingredients	Key info	Link to curriculum
Swiss Roll	75g self-raising flour	Do not bring nutella, we are a nut free school.	Whisking and shaping and rolling the cake up. Accuracy in weighing. Use of small electrical equipment.
	3 eggs		
	75g caster sugar		
	2-3 x 15ml spoons jam		
	extra sugar for rolling up		
Cheese and onion triangles	50g Cheddar cheese	Bring a box to take them home in	Accuracy in weighing and measuring. Rubbing in, rolling pastry.
	½ small onion		
	100g plain flour		
	50g butter or baking fat/block		
	2 – 3 x 15ml spoons cold water		
	1 egg		
Brilliant Bread	250g strong flour	Bring a box to take them home in	Accuracy in weighing and measuring, kneading, shaping.
	1/2 x 5ml spoon salt		
	7g pack fast action dried yeast		
	1 x 5ml sugar		
	150ml warm water		
	1x15ml spoon vegetable oil		
Fruity Flapjacks	75g dried apricots	Bring a box to take them home in	Melting method.
	150g oats		
	50g sugar		
	50g butter or soft spread		
	2 x 15ml spoons golden syrup		
Dutch Apple Cake	100g caster sugar	Bring a box to take them home in	Creaming, knife skills, accuracy in weighing and measuring.
	100g butter or soft baking spread		
	2 eggs		
	100g self raising flour		
	1 x 5ml spoon baking powder		
	1 eating apple		
	1 x 5ml spoon cinnamon		
	1 x 5ml spoon demerara sugar		

Ingredients highlighted in yellow are provided by the school