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Our Ref: ING/KS3

October 2024

Dear Parent/Carer

Ingredients for Practical lessons in Food Technology

During Year 7 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. We are mindful of costs of ingredients and try hard to design our curriculum 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.

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
Pizza toast	½ yellow pepper	Bring foil or a tub to take home, or students can eat for their lunch or at break.	Knife skills, using the oven.
	½ onion		
	1 mushroom		
	30g hard cheese, e.g. Cheddar, Edam, Gruyere		
	2 slices bread (or a bagel or a piece of French stick sliced in half – NOT PART BAKED)		
	2 x 15ml spoons tomato pizza sauce / tinned tomatoes		
	½ x 5ml spoon mixed herbs		
Coleslaw	¼ white cabbage	Bring an airtight tub to take home in	Practicing knife skills
	1 carrot		
	1 medium apple		
	2 x tbs (15ml) spoons of mayonnaise (or natural yogurt)		
	25g sultanas – optional		
Fruit crumble	100g plain flour	Reheat in the oven or in a microwavable bowl. We will provide foil tins to make crumble in.	Knife skills, weighing and measuring, rubbing in.
	50g butter or baking fat/block		
	50g oats		
	25g caster sugar		
	1 x 385g canned apple slices or 3 eating apples		
	50g sultanas		
Cheese scones	250g self raising flour	Bring a tub to take them home in	Weighing and measuring, rolling out, handling dough, rubbing in.
	1 x 5ml spoon mustard powder (optional)		
	40g butter or baking fat/block		
	75g hard cheese (cheddar)		
	125ml milk		
Chicken nuggets	50g breadcrumbs	Bring a tub to put nuggets in at the end of the lesson. Put chicken in the fridge in your classroom at the start of the day.	Handling raw meat and checking temperature of cooked meat. Use of food probe
	1x5ml spoon mixed herbs		
	1x15ml spoon parmesan cheese		
	2 chicken breasts (or 200g Quorn, halloumi or mushrooms)		
	1x15ml spoon plain flour		
	2 eggs		

Ingredients highlighted in yellow are provided by the school