

Our Ref: ING/KS3

Thursday 10th October 2024

Dear Parent/Carer

Ingredients for Practical lessons in Food Technology

During Year 8 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 week's 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		
Rogan Josh	225g of meat (without bones) or vegetables of your choice		Bring an airtight tub to take home in	Knife skills and using the hob.		
	2 onions					
	3 tomatoes – optional					
	2 clove garlic					
	2 x 15ml spoon fresh coriander					
	2 x 5ml spoon oil					
	3 x 15ml spoons Rogan josh curry paste					
Pizza wheels	400g can chopped tomatoes		Bring something to take them home in	Weighing and measuring accurately, kneading and shaping.		
	250g strong white flour					
	1 x 5ml spoon salt					
	1 x 5ml spoon sugar					
	1 x 7g packet fast action dried yeast					
	150ml warm water					
	1 x 15ml spoon oil					
	Filling					
	1 small ball mozzarella cheese or 50g Cheddar cheese					
	1 small onion					
	3 mushrooms					
	1 small tomato					
A handful of fresh basil (Optional)						
Burgers	Beef burgers	200g lean beef mince	Spicy chickpea and mushroom burgers	1 slice of bread from a large loaf	Choose EITHER beef or vegetarian. Burgers will be cooked at home.	Shaping, portion control
		1 small onion		1 large clove of garlic		
		2 Eggs		125g mushrooms		
		Black pepper		1 x 5ml spoon smoked paprika		
		Flour, for dusting		Spray oil		
				200g chickpeas		
Victoria Sponge Cake	150g caster sugar		Bring a tub to take home in. Do not bring nutella instead of jam - we are a nut free school.	All in one method		
	150g butter or soft spread					
	150g self-raising flour					
	3 eggs					
	1 x 5ml spoon baking powder					
	3 x 15ml spoon jam					

Ingredients highlighted in yellow are provided by the school