

Academic Year 2018/2019

Dear Parents and Carers,

Re: Ingredients required for year 9 Food and Cooking this carousel rotation

Key Stage 3 students study Design and Technology for two periods a fortnight on a carousel system and work with many different materials and technologies across the different Design and Technology disciplines. Over the course of this carousel rotation, your son/daughter will be studying Food and Cooking as part of their Design and Technology curriculum.

Students are expected to bring in their own ingredients for Food and Cooking practical lessons. I hope by writing you this letter, this will allow for advance planning when purchasing the necessary ingredients.

There will be five practical lessons this carousel rotation with one of these practical lessons being an 'own design' lesson where your son/daughter will take a standard recipe and develop it to make it their own. For this own design lesson, it is not possible to put down what you son/daughter will need until they have designed their product. Dates for the practical lessons are also listed, however, although every effort is made to ensure these dates are met, **due to unforeseen circumstances these may sometimes have to change**. If they do, your son/daughter's Design and Technology teacher will inform them of the new date using their planner in the usual way.

		Ingredients required	Date required:
Practical 1	Roasted vegetable muffin pizzas	<ul style="list-style-type: none"> • 2 English muffins (preferably wholemeal) • 1 garlic clove • 1 small courgette • ½ red, yellow or orange pepper • ½ red onion • Handful cherry tomatoes • 70g cheddar cheese • 4 tsp tomato puree • A container to take the pizzas home in 	
Practical 2	Swiss roll	<ul style="list-style-type: none"> • 75g Caster sugar • 75g Plain flour • 3 Eggs • For the filling: • Jam of any flavour • 2 tablespoons caster sugar • A container to take the swiss roll home in 	
Practical 3	Sausage and wedges	<ul style="list-style-type: none"> • 4 sausages (your choice- pork/vegetarian etc.) • 2 large potatoes or 2 sweet potatoes • 1tsp smoked paprika or Cajun seasoning (optional) • A container to take it home in 	
Practical 4	Fajitas	<ul style="list-style-type: none"> • 1 red pepper • 1 small red onion • 1 skinless, boneless chicken breast <u>OR</u> 140g chicken style Quorn alternative <u>OR</u> an extra pepper (maybe a different colour) • 1 teaspoon smoked paprika • 1 lime 	

Cont.

		All optional to serve: <ul style="list-style-type: none"> • 2 large tortilla wraps • 30g cheddar cheese • A container to take it home in 	
Practical 5	Fruit crumble (recipe adapted to your design) 	For the filling: <ul style="list-style-type: none"> • 500g Fruit, (apples, plums, rhubarb) • 50g sugar For the topping: <ul style="list-style-type: none"> • 150g plain flour • 75g margarine or butter • 75g brown sugar PLUS, your additional ingredients as per your design. This practical lesson requires a medium sized ovenproof dish.	

In addition to this letter, ingredients required for Food and Cooking practical lessons will be noted as a homework entry in your son/daughter's planner and are also available via the school website. A copy of this letter can also be downloaded from the school's website at www.oriel.w-sussex.sch.uk/design-technology.

You may be aware that the school receives additional funding for students in receipt of free school meals. As such, the school can provide ingredients for these students, with no cost to parents. However, we are aware that some parents may wish to provide ingredients for their son/daughter, and as we do not wish to purchase ingredients unnecessarily, we would ask that you complete and return the attached reply slip **if your son/daughter is eligible and you would like the school to provide their ingredients**. Please return the slip to your son/daughter's Design and Technology teacher as soon as possible, if we do not receive a reply slip, we will assume that you will be providing ingredients as listed above.

The school also has a designated Halal equipment box should your son/daughter require it.

Should you have any further questions regarding Food and Cooking this carousel rotation, please contact your son/daughter's Design and Technology teacher in the first instance. May I remind you to send your son/daughter to school with a suitable, **named container** that they can take their practical work home in. And finally, can I remind parents that students should not wear nail varnish or false nails in Food and Cooking lessons.

Yours sincerely



Mr. C Maynard
Subject Leader
Design and Technology

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Ingredients required for Year 9 Food Technology

Student: _____ Mentor group: _____ Teacher: _____

I am in receipt of free school meals and I would like the school to provide ingredients for my son/daughter.

Parent/Carer _____ Date _____