

Academic Year 2018/2019

Dear Parents and Carers

Re: Ingredients required for Year 7 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 and the ingredients required for each practical are detailed below. 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	Date required
Practical 1	Crudit� and Dip	<p>Choose up to three from (crudit�):</p> <ul style="list-style-type: none"> • Radishes • Carrot • Cucumber • Celery • Pepper • Broccoli • Cauliflower • Mushrooms • Courgette • Green beans <p>Choose one from (dip):</p> <ul style="list-style-type: none"> • 150ml natural yogurt • 150ml mayonnaise • 150ml sour cream <p>Choose one from (dip flavouring):</p> <ul style="list-style-type: none"> • 2 teaspoons curry powder • Chopped chives • 75g cheddar cheese • 2 teaspoons mustard • 1 clove of garlic • One small (for the dip) and one large container 	
Practical 2	Oaty Biscuits	<ul style="list-style-type: none"> • 80g Butter • 80g Demerara sugar – or any sugar you have • 80g Self-raising flour • 80g Porridge oats • 1 dessertspoon golden syrup/honey/maple syrup • Choose ONE flavouring ingredient: 50g of raisins, cranberries, apricots, prunes, dried apple, dried mango or freeze dried raspberries/strawberries (not fresh) • A container to take the biscuits home in 	

Practical 3	Omelette	<ul style="list-style-type: none"> • 2 eggs • 15g butter Choose <u>one</u> from (filling): <ul style="list-style-type: none"> • 30g cheese • Handful of fresh herbs e.g. parsley or chives 	
Practical 4	Lemon Drizzle Tray-bake	<ul style="list-style-type: none"> • 100g Self-raising flour • 100g butter - soft • 100g caster or light brown sugar • 2 eggs • 1 tsp Vanilla extract • 1lemon • A container to take the cake home in 	
Practical 5	Rice Krispie cakes	<ul style="list-style-type: none"> • 100g rice krispies/cornflakes • 50g butter • 3 tbsp. golden syrup • 150g milk/dark chocolate • Optional 50g of any ONE of the following, raisins, chopped cherries, cranberries • 12 cake cases and a container to take them home in 	

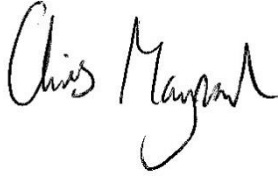
In addition to this letter, ingredients required for Food and Cooking practical lessons will be noted as a homework entry in your son/daughter’s planner and are also available via the school website. A copy of this letter can also be downloaded from the school’s website at www.oriel.w-sussex.sch.uk/design-technology.

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 Food Technology this carousel rotation

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 _____

