

Academic Year 2018/2019

Dear Parents and Carers

**Re: Ingredients required for Year 8 Food and Cooking this carousel rotation**

Key Stage 3 students study Design and Cooking 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 required	Date required:
Practical 1	<b>Cheese twists</b>	<ul style="list-style-type: none"> <li>• 1 pack of puff pastry (can be ready rolled)</li> <li>• 1 egg</li> <li>• 2 tbsp. wholegrain mustard (optional)</li> <li>• 150g of cheese- you can choose any hard cheese e.g. cheddar, parmesan, gruyere, red Leicester</li> <li>• A container to take them home in</li> </ul>	
Practical 2	<b>Tomato pasta</b>	<ul style="list-style-type: none"> <li>• 1 small onion</li> <li>• 1 clove of garlic</li> <li>• 1 can chopped tomatoes</li> <li>• 2 tbsp. tomato puree</li> <li>• 1 stock cube</li> <li>• 150g penne pasta</li> <li>• 75g cheddar cheese (optional)</li> <li>• A container to take the pasta home in</li> </ul>	
Practical 3	<b>Sweet or Savoury scones</b>	<ul style="list-style-type: none"> <li>• 250g Self Raising Flour</li> <li>• 60g Butter</li> <li>• 1 tsp Baking Powder</li> <li>• 1 Egg</li> <li>• 100 ml Milk</li> <li>• Sweet option- 100g dried fruit, 25g caster sugar</li> <li>• Savoury option- 125g Grated Cheese and ½ tsp Mustard Powder</li> <li>• A container to take the scones home in</li> </ul>	

Practical 4	<b>Quorn stir-fry</b>	<ul style="list-style-type: none"> <li>• 300g Quorn pieces (fresh or frozen)</li> <li>• 2 cloves of garlic</li> <li>• 5 cm piece of ginger</li> <li>• 4 spring onions</li> <li>• ½ a head of broccoli</li> <li>• ½ a red pepper</li> <li>• 4 baby sweetcorn</li> <li>• 1 lime</li> <li>• Sweet chilli sauce to serve (optional)</li> <li>• A container to take the stir fry home in</li> </ul>	
Practical 5	<b>Chocolate muffins</b>	<ul style="list-style-type: none"> <li>• 200g plain flour</li> <li>• 200g caster sugar</li> <li>• 4tbsp cocoa powder</li> <li>• 1tsp bicarbonate of soda</li> <li>• 1tsp vanilla extract</li> <li>• 12 muffin/cupcake cases and a container to take the muffins home in</li> </ul>	

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](http://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 8 Catering**

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 \_\_\_\_\_

