

2nd October 2024

Dear Parent/Carer

Cooking & Nutrition Lessons

During the academic year your child will take part in a 13-week rotation of cooking and nutrition lessons. During this time, they will be asked to bring in ingredients every 2 weeks for a practical session. Please note that recipes are given out to pupils in lessons and reminders can be found on Arbor and the student bulletin. It is important that pupils store their ingredients in the fridge by dropping them into the food room (A2) just before form time.

The recipes for your child's year group can be found below:

Ingredients for Cheesecake

150g Digestive Biscuits (Crushed)
225g if using oreo/chocolate biscuits
75g Butter
200ml Cream Cheese
150ml Cream
50g Sugar
Toppings - fruit, chocolate, essence, sweets etc

Ingredients for Chilli

1 onion, 100g Mushrooms
1 green pepper, Can kidney beans
250g Minced meat/quorn
1 rounded tbsp flour – 25grams
1 can chopped tomatoes (400g)
1tbs oil, 1 stock cube/100ml water
Tomato puree (optional)
Seasoning – salt/pepper/chilli etc

Ingredients for Macaroni Cheese

150g macaroni (pasta shapes)
100g Cheddar cheese (other cheese)
25g butter (or vegan butter), 25g plain flour
250ml milk or soya milk (dairy free)
Black pepper/herbs/1 tomato
Additional vegetables/cooked meat
Breadcrumbs/crisps/nachos for topping

Ingredients-Pizza Straws

200g Self Raising Flour
50g Butter/soft spread
100g Cheese
1tbsp tomato puree
Pizza toppings of choice
1 egg, 50-75ml milk
Pinch salt

Ingredients for Dutch Apple cake

100g Self-Raising Flour
100g caster sugar
100g butter
2 eggs
1 x 5ml spoon baking powder
1 eating apple
1tsp cinnamon & 1tbsp Demerara sugar

Dates will be confirmed during lessons and can be viewed on Arbor. Please ensure that any ingredients that are sent into school **do not contain nuts**. Containers to take food home in need to be brought to lesson please, or students must bring 20p to be provided with one.

If there are any circumstances that you are unable to provide ingredients or struggle to obtain certain items, we may be able to support by providing them for your child's lesson. This is only possible when we are given at least 48 hours' notice to ensure we can provide the items. Unfortunately, if we are not notified, or no ingredients have been given, your child will take part in a theory lesson.

Thank you for your support.

Yours sincerely

J Holmes

Miss J Holmes

Teacher of Design Technology



01484 463366



Royds Hall, A SHARE Academy
Luck Lane, Huddersfield
HD3 4HA



office@roydshall.org



roydshall.org



Valuing people, supporting personal best

Share Multi-Academy Trust, an exempt charity and a company limited by guarantee. Registered in England and Wales 07729878.
Head Office SHARE Multi-Academy Trust, c/o Shelley College, Huddersfield Road, Shelley, Huddersfield, HD8 8NL