

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 Arbour 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 on below:

Ingredients for Pizza

250g Bread Flour (Plain)
Pinch Salt, teaspoon sugar
10g Yeast Dried
150ml luke-warm Water (from school)
1 tbsp Oil (from school)
Tomato puree/BBQ/
150g Cheese
Vegetables/Cooked meat

Ingredients for Quiche

100g Plain Flour
Pinch Salt
25g Butter 25g Trex/Lard (or 50g butter)
Cold Water (10 teaspoons)
2 egg, 100ml milk
75g Cheese
Vegetables/Cooked meat of choice

Pineapple Upside Down Cake

1 small can pineapple rings
5 glace cherries
2 tbsp golden syrup
100g Self Raising Flour
100g Butter
100g Sugar
2 Eggs

Ingredients for Chicken Tikka Masala

1 onion
250g Chicken/Quorn/Paneer
1tbs oil
100ml water
Green vegetables
(peas/spinach/pepper)
3 tbsp Tikka paste (or alternative)
Small double cream or can tomatoes
Fresh coriander or herbs/spices of choice

Swiss Roll ingredients

75g Self-raising flour
75g caster sugar
3 eggs
Filling –
Jam or Biscoff or Lemon Curd

Dates will be confirmed during lessons and can be viewed on arbour. Please ensure that any ingredients that are sent into school do not contain nuts. Containers to take food home need to be brought to lesson 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.

Yours sincerely

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Teacher of Design Technology



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