

Your child is studying food for the next 9 weeks. They will be required to bring in ingredients for each practical lesson. In order to reduce food waste and save money, we will provide some of the ingredients, but you can supply all if you wish.

Students should make sure they weigh and measure at home where possible and bring ingredients in a named container. I have no problems with ingredients being swapped to suit families and individuals, suitable modifications will be discussed in class.

Ingredients can be tweaked for different dietary needs e.g. allergies. If you need any help or wish to discuss please contact me at the address below.

Please note that the last week is an assessed practical where students will cook a savoury recipe of their choice which they are going to plan in the lesson indicated below. It must contain carbohydrates, protein and a portion of vegetables. I would like them to make one of the dishes they have made in school or something they have made at home. It must be prepared in 60 minutes

If this schedule changes I will speak to students in class and notify them through Google classroom.

Thank You
Mrs Smith

Date	Dish	Ingredients needed from home	Ingredients supplied by school
9/9/26	Mini Deli Salad	1 tomato ¼ cucumber 1 carrot	50g sweet corn 10 ml dressing
23/9/26	Yakisoba noodles	1 carrot 3 mushrooms	1 x dried noodle nest (around 60g) ½ onion ⅛ small cabbage 1 x 5 ml spoon oil 1 x 10 ml spoon tomato ketchup (reduced salt and sugar) 1 x 5 ml spoon Worcestershire sauce 1 x 5 ml spoon soy sauce (reduced salt)
7/10/26	Chicago style pizza	150 g self raising flour 70 g cheese (any hard cheese, or mozzarella if budget allows) toppings of your choice (keep to 2-3 toppings)	75 ml milk 30 g butter or baking fat 4 tbsp tomato passata 1 x 5 ml spoon dried oregano (or mixed herbs)
6/11/26	Mini Orange and carrot cakes	70 g sugar 1 egg 100 g self-raising flour 80 g carrot (medium sized, no need to peel)	50g soft margarine 40 g sultanas ½ orange (small) 1 x 5 ml spoon cinnamon (or mixed spice)
16/10/26	Planning lesson	If you wish to use a recipe from home for your assessed practical, please make sure you bring in a paper copy for this lesson.	

7Y/FD

11/11/26	Assessed practical	Students will be cooking a savoury snack of their choice. It must be reflect a balanced diet, with a protein,carbohydrate and vegetables included It must use at least one part of the cooker It must be something they have made before either at home or in school. They can tweak the school recipes used. All ingredients should be provided by home. However, please see me if you need some help. Bring recipe to school for the planning lesson on the
----------	--------------------	--