



**Lees Brook
Academy**

Friday 12th January 2024

Dear Parents / Carers

Re: Y7 Food Preparation & Nutrition Practical Lessons

This term, your child will be completing their Food & Nutrition rotation. Students will develop their knowledge of nutrition and the importance of a balanced diet for a healthy lifestyle. Students will develop their confidence in the kitchen learning how to prepare a range of dishes safely and hygienically.

Over the course of this term, students will be cooking once a week. Each week, students must bring in the required ingredients. Where possible, we ask that your child weighs out their ingredients at home to save time at school.

Your child's Food & Nutrition teacher will tell students in advance the date they will be cooking each dish. Students must remember to bring with them an appropriate container / food box to take their food home in. This must be labelled clearly with their full name. Food will be kept in their container at school until the end of the day, when students can collect it from the food room and take it home with them.

Students must drop their ingredients off in the Food room fridge as soon as they arrive at school on the day that they are cooking.

Should you be unable to provide ingredients for your child due to financial hardship or any other reason, please contact your child's teacher so that we can provide support. Please be assured such information will be treated with the strictest of confidence.

Please look overleaf for week-by-week ingredients list. Ingredients and recipes can also be found on the school website: Learning – Explore our Curriculum – Food Preparation & Nutrition – Recipes.

Yours faithfully

Mr A. Waterhouse

Head of Design and Technology

Year 7 Food & Nutrition Ingredients

<p style="text-align: center;"><u>Dish 1: Date:</u></p> <p>Pasta Salad 2 spring onions 4 x 15ml spoon sweetcorn (drained) 1/4 cucumber 1 small can tuna (in water) 1 tomato 1 baby gem lettuce 200g of cooked bow-tie pasta (farfalle) 1 x 15ml spoon reduced fat dressing. A few sprigs of fresh coriander <u>Please bring a container to take food home in</u></p>	<p style="text-align: center;"><u>Dish 5: Date:</u></p> <p>Ingredients 200g self-raising flour 75g butter or baking fat/block 75g sugar 75g mixed dried fruit. 1 egg <u>Please bring container to take food home.</u></p>
<p style="text-align: center;"><u>Dish 2: Date:</u></p> <p>Pizza toast ½ yellow pepper 1 spring onion 1 mushroom 30g hard cheese, e.g. Cheddar, Edam, Gruyere 2 slices bread (or a bagel or a piece of French stick sliced in half) 2 x 15ml spoons tomato pizza sauce ½ x 5ml spoon mixed herbs <u>Please bring container to take food home.</u></p>	<p style="text-align: center;"><u>Dish 6: Date:</u></p> <p>Chicken (Quorn) stir-fry 1 x chicken breast (or 3 thighs) or 100g Quorn pieces ½ red chilli 1 clove of garlic 1cm fresh ginger (optional) ½ red onion 1/3 green pepper 1/3 yellow pepper 2-3 mushrooms 1x10ml spoon reduced salt soy sauce. <u>Please bring container to take food home.</u></p>
<p style="text-align: center;"><u>Dish 3: Date:</u></p> <p><u>Parmesan chicken nuggets</u> 50g breadcrumbs 1 tsp mixed herbs 1 tsp parmesan cheese 2 chicken breasts or thighs 1 tsp plain flour 1 egg <u>Please bring container to take food home.</u></p>	<p style="text-align: center;"><u>Dish 7: Date:</u></p> <p>Spring Rolls 1x small carrot 2 x spring onions 40g beansprouts 25g frozen peas 1 x 15ml spoon oyster sauce 4 filo pastry sheets <u>Please bring container to take food home in</u></p>
<p style="text-align: center;"><u>Dish 4: Date:</u></p> <p>Cheesy scones 125g self-raising flour 20g butter or margarine 40g cheddar cheese 60ml semi-skimmed milk <u>Please bring container to take food home.</u></p>	<p style="text-align: center;"><u>Dish 8: Date:</u></p> <p>Apple and sultana crumble 100g plain flour 50g butter or baking fat/block 50g oats 25g sugar 2 eating apples 50g sultanas <u>Please bring a dish to cook apple crumble in</u></p>