



**Lees Brook
Academy**

Friday 12th January 2024

Dear Parents / Carers

Re: Y8 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 8 Food & Nutrition Ingredients

<p style="text-align: center;"><u>Dish 1: Date:</u></p> <p><u>Pasta Rague</u> 1 Onion 1 garlic clove 1 Tin chopped tomatoes. ½ teaspoon dried basil 100g dried pasta</p> <p style="text-align: center;">Please bring a container to take food home in.</p>	<p style="text-align: center;"><u>Dish 5: Date:</u></p> <p><u>Spicy Tomato Soup</u> 1 onion 1 carrot 1 potato 1 x can chopped tomatoes (400g) 1 veg stock cube. 1/2 x 5ml spoon dried chilli flakes. 1 x 15ml spoon tomato puree</p> <p style="text-align: center;">Please bring a container to take food home in.</p>
<p style="text-align: center;"><u>Dish 2: Date:</u></p> <p><u>Homemade Burgers</u> 400g mince beef 1 red onion 1 egg Black pepper (for seasoning)</p> <p style="text-align: center;">Please bring a container to take food home in</p>	<p style="text-align: center;"><u>Dish 6: Date:</u></p> <p><u>Macaroni cheese</u> 100g macaroni 100g cheddar cheese 1 tomato 25g butter 25g plain flour 250ml semi-skimmed milk</p> <p style="text-align: center;">Please bring a container to take food home in</p>
<p style="text-align: center;"><u>Dish 3: Date:</u></p> <p><u>Cheese straws</u> 75g plain white flour 25g plain wholemeal flour ½ x 5ml spoon of mustard powder 50g butter or baking fat/block 50g cheddar cheese</p> <p style="text-align: center;">Please bring a container to take food home in.</p>	<p style="text-align: center;"><u>Dish 7: Date:</u></p> <p><u>Shortcrust pastry</u> 100g plain flour 50g caster sugar 50g butter</p> <p style="text-align: center;">Please bring a container to take food home in.</p>
<p style="text-align: center;"><u>Dish 4: Date:</u></p> <p><u>Danish Pastries</u> 1 pack of ready rolled puff pastry. 50g jam (flavour of your choice) 50g icing sugar.</p> <p style="text-align: center;">Please bring a container to take food home in.</p>	