



**Lees Brook
Academy**

Friday 12th January 2024

Dear Parents / Carers

Re: Y9 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 the next 4 weeks, 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 9 Food & Nutrition Ingredients

<p><u>Dish 1: Date:</u></p> <p>Creamy bacon pasta</p> <p>100g pasta 50g cream cheese 1 garlic clove 50g peas 1 courgette 2 slices bacon 25g cheese</p> <p><u>Please bring container to take food home in</u></p>	<p><u>Dish 3: Date:</u></p> <p>Pizza dough 130g strong bread flour 7g yeast</p> <p>Filling for pizza topping 200g tinned chopped tomatoes. 1 onion 1tsp oregano or basil 60g shedder grated cheese. Selection of toppings</p> <p><u>Please bring a container to take food home in.</u></p>
<p><u>Dish 2: Date:</u></p> <p>Veggie tikka</p> <p>100g Quorn pieces ½ onion 1 tbsp tikka curry paste 200g tinned tomatoes 25g yoghurt</p> <p><u>Please bring a container to take food home in.</u></p>	<p><u>Dish 4: Date:</u></p> <p>Bolognese sauce</p> <p>100g beef mince 200g tinned chopped tomatoes. ½ onion ½ carrot 2 cloves of garlic</p> <p><u>Please bring a container to take food home in</u></p>