

September 2023



Dear Parent/Carer

### Year 7 – Food Technology

Year 7 Food Preparation & Nutrition students will be preparing/cooking six over ten week course. In order for your child to participate in the lessons, they will need to bring ingredients and a container to carry home the finished product. If your child is entitled to free school meals, the ingredients below will be provided.

Attached is an outline of the topics that we will be covering within this course.

Alternatively, if you would like the academy to order the ingredients for you, you will need to pay £5.00 to cover the cost of all three products. To do this you can go to [www.mychildatschool.com](http://www.mychildatschool.com) and select 'Products' and then 'Food Technology' to make your payment. The payment must be made prior to the first practical lesson.

Yours faithfully

A handwritten signature in black ink, appearing to read 'L Collins'.

Mr L Collins  
Food Technology

Executive Principal - Mr Benjamin Bond  
Head of School - Dr Karen Riding

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**Eggy Bread (Breakfast)**

2 Eggs  
2 Slices of Bread  
Pat of Butter  
Splash of milk (if needed)  
Oil (if Need)

**Sandwich for Packed Lunch**

2 Pieces of sliced white bread  
Butter to spread  
50g Cheese

**Bread Rolls**

150g strong plain flour  
1 teaspoon oil  
Pinch of salt  
7g yeast  
80mls warm water  
1 teaspoon sugar

**Potatoes**

1 Large Baking Potato  
50g cheese and a pat of butter  
Or  
1 Large Bake Potato  
1 tbsp olive oil  
Spices and seasoning

**Layered Pasta Salad**

100g dried pasta shapes  
1 spring onion  
1 small carrot  
½ baby gem lettuce  
1 tomato  
¼ Cucumber  
2 15ml spoons salad dressing

**Tomato Ragu and Pasta**

1 small onion  
1 clove garlic  
1 200g can chopped tomatoes  
1 teaspoon tomato puree  
4/5 fresh basil leaves  
75g dried pasta shapes  
15g cream cheese  
Cheese to garnish