

September 2023



Dear Parent/Carer

Year 8 – Food Technology

Year 8 Food Preparation & Nutrition students will be preparing/cooking 5 products in this 10-week course.

In order for your son/daughter to participate in the lessons, they will need to bring ingredients and a container to carry home the finished product. If free school meals ingredients below will be provided however a container will still be required

The ingredients required are listed attached.

Alternatively, if you would like the Academy to order the ingredients for you, you will need to pay £10.00 to cover the cost of all products in the 10 week course. To do this you can go to 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 be 'L Collins'.

Mr L Collins
Food Technology

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

Oasis Academy Lord's Hill
Romsey Road, Southampton, SO16 8FA

Tel: 023 8039 3660 Email: info@oasislordshill.org
www.oasisacademylordshill.org



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Basic Pizza

250g Strong White flour of half white/half wholemeal

½ teaspoon salt

15ml oil

1 teaspoon of easy bake yeast

½ teaspoon sugar

200ml warm water

100g cheese

Passata Sauce

½ Onion

1 clove of garlic

200g chopped tomatoes

1 teaspoon tomato puree

Shortcrust Pastry**Jam Tarts**

100g Plain Flour

50g Butter

12 teaspoons jam

OR

Mini Quiches

100g Plain Flour

50g Butter

½ small onion

50g Cheese

1 egg

150ml Milk

Chicken Goujons

1 Chicken fillet (150g)

1 egg

50g Fine breadcrumbs

½ teaspoon milk

½ teaspoon olive oil

OR

Sweet & Spicy Chicken

1 Chicken fillet (150g)

1 teaspoon brown sugar

2 teaspoons paprika

½ teaspoon oregano

1 tsp garlic granules

Freezer Bag

Sausage Rolls

100g Plain flour

75g Butter

3 sausages

1 egg

Parchment paper/foil

OR

Cinnamon Swirls

100g Plain flour

75g salted butter

38g unsalted butter

38g golden caster sugar

30g sultanas

1 egg

1 teaspoon ground cinnamon

Parchment paper

Burgers

250g Minced Beef, lamb or turkey

Vegetarian option – 250g cooked kidney beans and leave out egg

1 small onion

1 slice white bread

1 egg

1 burger bun