

September 2023



Dear Parent/Carer

Year 9 – Food Technology

Year 9 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" option 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

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

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



Oasis Academy Lord's Hill is sponsored by Oasis Community Learning
www.oasiscommunitylearning.org - part of Oasis UK.

Oasis Community Learning is a Company Limited by Guarantee registered in
England & Wales (No. 5398529) and an Exempt Charity Registered Office:
75 Westminster Bridge Road, London SE1 7HS



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

Fresh pasta

1 egg
100g flour
Choice of sauce

Spring Rolls

1 carrot
1 onion
1 handful beansprouts
½ pepper
Filo Pastry
5 spice powder
Soy Sauce
Butter

Chicken Curry

1 tablespoon oil
1 small onion
1 carrot
2 tbsp peas
1 small potato
1 chicken or veg stock cube (200mls)
Chicken – 2 chicken breast or 4 thighs
Optional – 1 tablespoon cream, coconut milk or natural yogurt
Spices and herbs – cumin, chilli, garam masala turmeric, ginger, fresh coriander

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
10g Butter
100ml milk
Mozzarella
red onion