

Your child is studying food for the next 9 weeks. They will be required to bring in ingredients for each practical lesson. In order to reduce food waste and save money, we will provide some of the ingredients.

Students should make sure they weigh and measure at home where possible and bring ingredients in a named container. I have no problems with ingredients being swapped to suit families and individuals, suitable modifications will be discussed in class.

Ingredients can be tweaked for different dietary needs e.g. allergies. If you need any help or wish to discuss please contact me at the address below.

Please note that the last week is an assessed practical where students will cook a savoury recipe of their choice which they are going to plan in the lesson indicated below. It must contain carbohydrates, protein and a portion of vegetables. I would like them to make one of the dishes they have made in school or something they have made at home. It must be prepared in 60 minutes

If this schedule changes I will speak to students in class and notify them through Google classroom.

Thank You

Mrs Smith

Date	Dish	Ingredients needed from home	Ingredients supplied by school
Wednesday 16th September	Herby Focaccia	250 g strong flour	1 x 7 g sachet dried yeast 170 ml water (lukewarm) 2 x 15 ml spoon olive oil 1 x 5 ml spoon dried herbs 1 x 5 ml spoon salt
Wednesday 30th September	Cheesy burritos	75 g rice(uncooked) 50 g Cheddar cheese (or another hard cheese) 1 small onion 2 tortillas (large wraps) (wholemeal or seeded)	½ green pepper 1 x 10 ml spoon oil ½ x 400 g can black beans 2 x 5 ml spoon taco seasoning 1 x 15 ml spoon tomato puree
Friday 9th October	Thai curry	1 sachet of microwavable rice- optional Small red onion 1 small carrot 100 g chicken (thigh or breast) or meat alternative	1 clove of garlic 1 x 10 ml spoon oil 1 x 15 ml spoon Thai green curry paste 80g peas 1 x 15 ml spoon fresh coriander 200 ml coconut milk
Wednesday 14th October	Green mac and cheese	100 g macaroni 25 g butter or spread 25 g plain flour 250 ml semi-skimmed milk 50 g cheese 80 g peas 30 g breadcrumbs (optional)	80 g spinach ½ x 5 ml spoon mustard 80 g broccoli

Please turn page over

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Contact: esm@hartismere.com

Wednesday 4th November	Planning lesson	If you wish to use a recipe from home for your assessed practical, please make sure you bring in a paper copy for this lesson.
Friday 14th November	Assessed practical	Students will be cooking a savoury family meal of their choice. It must be reflect a balanced diet, with a protein,carbohydrate and vegetables included It must use at least one part of the cooker It must be something they have made before either at home or in school. They can tweak the school recipes used. All ingredients should be provided by home. However, please see me if you need some help. Bring recipe to school for the planning lesson on the 4th November