

17th June 2022

Dear Parent/Carer,

As part of the Food and Nutrition Curriculum throughout Key Stage 3, we now ask that students bring in their own ingredients needed for these practical lessons rather than use ParentPay. Cooked recipes will then be taken home.

We will aim to inform you of the ingredients needed and the quantities a week before each lesson.

Please do let Mr Cowan or myself know if there are any difficulties re getting ingredients. School is very happy to support with ingredients as and when needed. Please do give 2 days notice of the lesson.

Your son or daughter in 7A2, will be making Fruity chocolate muffins on Monday 27th June.

Ingredients:

100 grams of Self raising flour

50 grams castor sugar

50g frozen soft fruit such as raspberries, blueberries, mixed berry's

50 g cooking chocolate drops, milk, dark or white

50mls of any vegetable oil (Not olive oil)

75mls of milk

The milk and oil can be mixed together. A milk bottle with the screw on lid is really useful for transporting liquids safely

Please could you also provide either a hessian or reinforced supermarket bag, plus a named container with a lid such as a sweets tin, ice cream tub or a Tupperware style container. School does not have any spare containers.

If you have queries regarding any ingredients, please do not hesitate to contact me.

Thank you so much for your support with this.

Yours sincerely

Mrs C Syer

Teacher of Food & Nutrition and D&T