

16th June 2022

Dear Parent/Carer,

Key Stage 3 Food and Nutrition Cookery lessons in the summer term

Your son or daughter in 9A2, will be making a North African Cous Cous salad on Wednesday the 22nd June.

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

Ingredients:

INGREDIENTS:

- 100 g Cous Cous – Plain or a packet of flavoured (Vegetable stock will be provided)
- 1 small red or white onion or 4 spring onions
- 1 pepper, any colour
- 1 carrot
- Half a courgette
- Handful of frozen peas and/or sweetcorn/mixed vegetables
- 1 lime or lemon
- Handful of fresh coriander or mint
- 1 pomegranate (Optional)
- 50 – 100g grams of any cheese e.g. Paneer, feta, cheddar
- 1 small tin of mandarins or 2 fresh tangerines/1 orange

2 teaspoons of chilli powder or any preferred spice

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

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