

19th May 2022

Dear Parent/Carer,

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

As part of the Food and Nutrition Curriculum throughout Key Stage 3, your son or daughter will be cooking during all of their timetabled design and technology lessons during the Summer term. 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.

Your son or daughter in 7A1, will be making Fruity chocolate muffins on Thursday 26th May.

Ingredients:

- 100 grams of Self raising flour
- 50 grams castor sugar
- 50g frozen soft fruit such as raspberries, blueberries, mixed berries
- 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