



Hall Park
Academy

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Headteacher: Mr D Crossley

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Dear Parent/Carer

Year 7 Practical Food Technology Lessons

Students at Hall Park Academy have one lesson of food technology every week, with between 8 - 10 practical lessons throughout the year. Practical lessons are an important part of the school curriculum which provide valuable learning opportunities and life skills.

On the days when your child is due to take part in a practical food lesson, they will need to bring in a container with their name on, along with the required ingredients. Students are given one week's notice for their practical lessons to give enough time for the purchase of ingredients. **Ingredients will also be posted as an assignment on Arbor with the date of the lesson as the due date.**

We want all students to be able to take part in practical lessons. If there are any circumstances that prevent you from purchasing ingredients, or if you want us to work around any allergies or dietary requirements, please email me at b.marriott@hallparkacademy.org.uk.

To promote food safety, students are asked to keep food containing protein and meat in the fridge until the end of the day. Students can collect their food after period 5 or after a co-curricular session. The food room is closed at 4:30pm, after which point students will be required to collect their food the next day. Students will get a sticker for their container explaining any relevant re-heating instructions.

Please find the year 7 practicals listed on the next page. Some may be subject to change; on the rare occasion this happens, students will be notified at least a week before.

A variety of cooking tips and students' culinary successes can be found on my professional Instagram [@cookingwithmissmarriott](https://www.instagram.com/cookingwithmissmarriott).

Yours faithfully

Miss B Marriott
Head of Design and Technology and Food

Year 7 Practical Ingredients – 2026/2027

1) Cous Cous Salad	2) Bread	3) Scones
1 packet of 110g flavoured dried cous cous ½ cucumber ½ pepper 2 spring onions 50g feta cheese - Plastic container with lid	250g strong flour 1 sachet of fast acting dried yeast - Plastic container with lid	250g self-raising flour 100ml milk 50g dried fruit 40g butter 40g caster sugar - Plastic container with lid
4) Fruity yogurt bars	5) Pasta Salad	6) Shortbread
75g self-raising flour 1 apple 50g butter 50g natural yogurt - Plastic container with lid	100g dried pasta (fusilli or penne) 3 tbsp dressing or mayonnaise ½ cucumber and bell pepper 1 small tin sweetcorn 1 small pepper - Optional: Tuna or cooked chicken - Plastic container with lid	150g plain flour 100g butter 50g sugar - Plastic container with lid
7) Pitta pizza	8) Lemony green beans	Seasonal practicals
4 pitta bread 3 tbsp tomato puree 100g grated cheese 3 optional toppings: ½ bell pepper, pineapple chunks, chicken chunks, pepperoni, ½ onion, sweetcorn - Plastic container with lid	1 packet of green beans - Plastic container with lid	Practicals may be added for some classes for seasonal events such as Christmas, Easter and Halloween.