



18th September 2023

Dear Parent/Carer

Practical Food Technology Lessons – Year 8

Practical food technology lessons are an important part of the school curriculum and 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 along with the ingredients shown below. Students are given one week's notice for their practical lessons to give enough time for the purchase of ingredients. This will also be posted as a notification on Class Charts.

We want all students to be able to take part in practical lessons. If there are any circumstances that prevent you from purchasing ingredients, please contact me by email at marriottb@hallparkacademy.org.uk.

A variety of cooking tips 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

1) Cheese straws

- 150g plain flour
- 75g hard butter
- 50g grated cheese
- Plastic container with lid

2) Sausage rolls

- 1 tube of ready roll puff pastry
- Half a packet of sausages
- 1 egg
- Seasonings (provided by school)
- Plastic container with lid

3) Chicken nuggets

- 1 or 2 raw chicken breasts
- 100g plain flour
- ½ tub of golden breadcrumbs
- 1 egg
- Seasonings (provided by school)
- Plastic container with lid

4) Burgers

- 250g raw minced, either: beef / turkey / pork
- ½ an onion
- 1 egg
- Seasonings (provided by school)
- Plastic container with lid

5) Bread-based pizza

- 250g strong flour
- 1 sachet dried yeast
- 125g grated cheese
- 2 fruit/vegetable toppings
- Optional: Meat toppings, mozzarella
- Plastic container with lid

6) Potato salad

- 500g baby potatoes
- 2 spring onions
- 3 tbsp mayonnaise
- Optional: 2 small gherkins
- Salad cream, vinegar, herbs (provided by school)
- Plastic container with lid