



25th September 2023

Dear Parent/Carer

Practical Food Technology Lessons – Year 9

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, or for vegetarian alternatives to recipes, 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) Sweet and sour

- 1 raw chicken breast or Quorn pieces.
- 1 tin of pineapple chunks or 200ml pineapple juice
- 1 pepper
- 1 onion
- Sauce ingredients (provided by school)
- Plastic container with lid

2) Stuffed chicken breast

- 1 or 2 raw chicken breast
- 1 tbsp cream cheese
- 1 or 2 rashers of bacon
- Plastic container with lid

3) Jam pin wheels

- 1 tube ready-roll puff pastry
- ½ jar of jam OR chocolate spread OR tomato puree and 50g grated cheese
- 1 egg
- Plastic container with lid

4) Thai curry

- 1 chicken breast
- 1 onion
- 1 clove of garlic
- ½ can of coconut milk
- Thai paste (provided by school)
- Plastic container with lid

5) Bolognese

- 250g raw minced beef or Quorn
- 1 tin chopped tomatoes
- 1 carrot
- 1/2 onion
- Seasonings and stock cube (provided by school)
- Plastic container with lid

6) Chow mein

- 2 dried noodle nests
- 3 spring onions
- 1 clove garlic
- 1 packet bean sprouts
- 1 small carrot
- 60ml soy sauce
- Seasonings (provided by school)
- Plastic container with lid