



15<sup>th</sup> September 2023

Dear Parent/Carer

## Practical Food Technology Lessons

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](mailto: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) Fruit Salad

- 4 whole fruits
- 200ml pure fruit juice (orange, apple or pineapple)
- Plastic container with lid

### 2) Cous Cous Salad

- 1 packet of 110g flavoured dried cous cous
- ½ cucumber
- ½ pepper
- 2 spring onions
- 50g feta cheese
- Fresh herbs and salad drizzle (provided by school)
- Plastic container with lid

### 3) Bread

- 250g strong flour
- 1 sachet of fast acting dried yeast
- Plastic container with lid

### 4) Scones

- 250g self-raising flour
- 100ml milk
- 50g dried fruit
- 40g butter
- 40g caster sugar
- Plastic container with lid

### 5) Flapjack

- 150g oats
- 75g dried fruit
- 75g light brown sugar
- 75g butter
- 3 tbsp golden syrup (provided by school)
- Plastic container with lid

### 6) Pasta Salad

- 100g dried pasta (fusilli or penne)
- 3 tbsp mayonnaise or dressing
- ½ cucumber
- 6 cherry tomatoes
- 1 small pepper
- 1 tin tuna or handful of cooked chicken
- 1 small tin of sweetcorn
- Plastic container with lid