



Our Ref: KNE|NMO|009

25th January 2021

Dear Parent / Carer

Design Technology – Year 7 Food Practical Lessons

During this term your child will be completing a Cooking and Nutrition (Food) module in their Design Technology lessons. As part of this, they should have completed practical lessons where they produced a range of dishes developing their independent cooking skills. Unfortunately, due to the recent pandemic and the resulting social distancing measures it is not possible to complete these practical sessions in school.

We understand how disappointing this is and as soon as it is safe to do so we will resume food practical lessons; until that time, we would like your child to make the dishes at home for homework tasks. We are aware that some of you may not be able to do this due to financial issues however if your child is eligible for pupil premium funding then we can provide ingredients for them to take home. Please email myself at katie.nelmes@rednockschool.org.uk by Monday 1st February if this is something you will want to access. If it is, I will be in contact after the 1st February to explain the process. If there are other reasons why your child is unable to complete the practical then please can you let your child's teacher know as soon as possible. We would be extremely grateful if you could support your child to cook at home, and we look forward to seeing the outcomes.

Your child must submit a photograph on Satchel: One (or as otherwise directed by their teacher) as evidence of them completing the practical work at home.

For the health and safety of your child whilst cooking at home we would kindly ask that prior to your child starting to prepare and cook food at home you discuss with them what they are trying to achieve and any associated hazards e.g. how to use the hob or oven. Videos and resources will be shared with your child as appropriate (either via Satchel: One or in lesson) to help them stay safe. Examples are shown in the links below:

Claw grip

https://youtu.be/UhIRGJJdDXU?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2

Bridge hold

https://youtu.be/YP9tIZVjzs?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2

Recipes that your child will need to make at home are:

- Tropical Fruit Salad
- Croque Monsieur / Pizza Toasts
- Flapjack
- Bread Rolls

Head Teacher - David Alexander BA (Hons); MSc

Tropical Fruit Salad	Croque Monsieur / Pizza Toasts
<ul style="list-style-type: none"> ● 5 pieces of fruit of your choice, at least one of these fruits should be a tropical fruit. When choosing your fruit think about colour flavour and texture. Tropical fruits include: pineapple, mango, passion fruit, kiwi fruit, orange, banana and papaya. ● 1 small carton of fruit juice 	<ul style="list-style-type: none"> ● 2 slices of bread of your choice ● 1 tomato ● 30g hard cheese e.g. cheddar ● 1 slice of ham or vegetarian alternative <p>Or</p> <ul style="list-style-type: none"> ● 2 slices of bread of your choice ● 2 tbsp tinned tomatoes ● 1 tbsp tomato puree ● 100g grated cheddar or mozzarella (or a mixture) ● 25g meat or fish of your choice ● 25g of 3 vegetables of your choice- e.g. mushrooms, sweetcorn, peppers ● Sprinkle of herbs e.g. basil or oregano
Flapjacks	Bread Rolls
<ul style="list-style-type: none"> ● 2 mugs of oats ● 1 mug of self-raising flour ● ½ mug of sugar ● 250g butter/ margarine ● 2 tbsp. golden syrup ● optional additions – dried fruit: ½ mug sultanas or 4 tablespoons of chopped dried apricots 	<ul style="list-style-type: none"> ● 7g yeast ● 150ml warm water ● 200g strong white flour ● ½ tsp. salt ● ½ tsp. sugar ● 25ml oil

There is some flexibility in the ingredients and you can adapt the ingredients to make them suitable for you and your family. A recipe booklet will be published on Satchel: One.

The recipes have been selected to allow your child to demonstrate safe use of a range of equipment including a sharp knife and different parts of a cooker. Your child’s teacher will tell you the date when your child will need to have completed the practical by and how to submit their photographic evidence.

Any problems please let your child’s class teacher know as soon as possible.

Yours faithfully

Mrs K Nelmes
Head of Design Technology

Head Teacher - David Alexander BA (Hons); MSc