



Our Ref: KNE|NMO|008

25th January 2021

Dear Parent / Carer

Design Technology – Year 8 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/UhIRGJdDXU?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2

Bridge hold

https://youtu.be/YP9tlZVJzjs?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2

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

- Miso
- Cheesecake
- Chicken Tikka & Naan Bread
- Minced Lamb Tagine
- Chicken, Potato & Spinach Curry
- Bread Rolls

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.

Head Teacher - David Alexander BA (Hons); MSc

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.

Miso	Cheesecake
<p>Select at least three from the following list.</p> <ul style="list-style-type: none"> ● ¼ Red cabbage ● ¼ White cabbage ● 1 onion - red or white ● 25gms mushrooms ● 1 carrot ● 2 Spring onions ● Water chestnuts - small tin 	<ul style="list-style-type: none"> ● 125g digestive biscuits ● 75g of softened butter ● 300g cream cheese ● 60g icing sugar ● 1 teaspoon of vanilla extract ● ½ teaspoon of lemon juice ● 250ml double cream ● Fruit topping
Chicken Tikka & Naan Bread	Minced Lamb Tagine
<p>Chicken tikka:</p> <ul style="list-style-type: none"> ● 2 Chicken breasts ● 200g chopped tomatoes ● 3 tbsps. Greek Yoghurt ● 1 tbsp oil ● 1 onion ● 1 tbsp Tikka paste <p>Naan Bread:</p> <ul style="list-style-type: none"> ● 60ml semi-skimmed milk ● 200g strong flour ● 1tsp spoon baking powder ● ½ sachet instant yeast ● 1tsp oil ● 1tbsp spoon low fat plain yogurt 	<ul style="list-style-type: none"> ● 1 onion ● 75g dried apricots ● 2 x 15ml spoon fresh coriander ● 450g lean lamb mince ● 1 x 5ml spoon ground paprika ● 1 x 5ml spoon ground coriander ● 1 x 5ml spoon ground ginger ● 1 x 5ml spoon ground turmeric ● 1 x 400g can chopped tomatoes ● 1 x 400g can chickpeas
Spinach, Potato and Chickpea Curry	Bread
<ul style="list-style-type: none"> ● 1 onion ● 1 clove garlic ● 1 x 5ml spoon oil ● 2 x 15ml spoons curry paste ● 300ml water ● 1 large potato ● 400g can chopped tomatoes ● 410g chickpeas, canned ● 3 handfuls of fresh spinach 	<ul style="list-style-type: none"> ● 250g strong flour ● ½ tsp salt ● 7g pack fast action dried yeast ● 150ml warm water <p>Why not try adding extras to the flour mixture e.g.</p> <ul style="list-style-type: none"> ● 25g apple, ● grated cheese, ● dried fruit ● chopped onion <p style="text-align: center;">OR</p> <p>Decorate your bread before baking with</p> <ul style="list-style-type: none"> ● grated cheese or ● diced onion

Yours faithfully
Mrs K Nelmes
Head of Design Technology

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