



**Our Ref:** KNE|NMO|010

25<sup>th</sup> January 2021

Dear Parent / Carer

### **Design Technology – Year 9 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](mailto:katie.nelmes@rednockschool.org.uk) by Monday 1<sup>st</sup> February if this is something you will want to access. If it is, I will be in contact after the 1<sup>st</sup> 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](https://youtu.be/UhIRGJdDXU?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2)

#### **Bridge hold**

[https://youtu.be/YP9tIZVJzs?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL\\_f2](https://youtu.be/YP9tIZVJzs?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2)

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

- Yakisoba
- Victoria Sponge
- Vegetable samosa
- Cottage Pie
- Fajitas
- Hot Cross Buns

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.

Head Teacher - David Alexander BA (Hons); MSc

<p style="text-align: center;"><b>Yakisoba</b></p> <ul style="list-style-type: none"> <li>● ¼ red pepper</li> <li>● ¼ green pepper</li> <li>● ¼ onion</li> <li>● spring onions</li> <li>● Handful of bean sprouts</li> <li>● 150g egg noodle (Straight to wok are best)</li> <li>● 1 egg</li> <li>● vegetable oil</li> <li>● 1 tbsp. soy sauce</li> </ul> <p>You can vary the vegetables and add 100g of either meat (e.g. chicken or pork) or fish if desired</p>	<p style="text-align: center;"><b>Victoria Sponge</b></p> <ul style="list-style-type: none"> <li>● 150g caster sugar</li> <li>● 150g butter or soft spread</li> <li>● 150g self-raising flour</li> <li>● 3 eggs</li> <li>● 1 tsp spoon baking powder</li> <li>● 3 tbsp spoon jam</li> <li>● oil for greasing tins</li> </ul>
<p style="text-align: center;"><b>Vegetable Samosa</b></p> <ul style="list-style-type: none"> <li>● 1/2 potato</li> <li>● 1/2 carrot</li> <li>● 1/2 onion</li> <li>● 1tbsp spoon fresh coriander</li> <li>● ½ red chilli</li> <li>● Spray oil</li> <li>● 1tsp spoon garam masala</li> <li>● ½ tsp spoon turmeric</li> <li>● 2-3tbsp spoons water</li> <li>● 25g peas (frozen)</li> <li>● 1 pack filo pastry</li> <li>● 25g butter or soft spread</li> </ul>	<p style="text-align: center;"><b>Cottage Pie</b></p> <ul style="list-style-type: none"> <li>● 1 small onion</li> <li>● 1 garlic clove</li> <li>● 1 carrot</li> <li>● 1 celery stick</li> <li>● 1tbsp spoon olive oil</li> <li>● 200g lean minced beef</li> <li>● 1tbsp spoon tomato purée</li> <li>● 300ml stock (made with ½ reduced salt beef stock cube)</li> <li>● 1tsp spoon Worcestershire sauce</li> <li>● 1tsp spoon reduced salt light soy sauce</li> <li>● 3-4 potatoes or parsnips</li> <li>● 20g reduced fat cheese</li> </ul>
<p style="text-align: center;"><b>Fajitas</b></p> <ul style="list-style-type: none"> <li>● 1 onion</li> <li>● 1 red pepper</li> <li>● 1 green pepper</li> <li>● 500g chicken fillets or beef frying steak</li> <li>● Spray oil</li> <li>● 1 sachet fajita seasoning mix</li> <li>● 1 pack tortilla wraps</li> <li>● 1 jar tomato salsa</li> </ul>	<p style="text-align: center;"><b>Hot Cross Buns</b></p> <ul style="list-style-type: none"> <li>● 625g/1lb 6oz strong white flour, plus extra for dusting</li> <li>● 1 tsp salt</li> <li>● 2 tsp ground mixed spice (or a combination of ground spices such as cinnamon, allspice, nutmeg, cloves and ginger)</li> <li>● 45g/1½oz unsalted butter, cubed, plus extra for greasing</li> <li>● 85g/3oz caster sugar</li> <li>● 1 unwaxed lemon, finely grated zest only</li> <li>● 1½ tsp dried fast-action yeast</li> <li>● 1 free-range egg</li> <li>● 275ml/9½fl oz tepid milk</li> <li>● 125g/4½oz dried mixed fruit of your choice</li> </ul>

Yours faithfully  
**Mrs K Nelmes**  
**Head of Design Technology**

Head Teacher - David Alexander BA (Hons); MSc