

Edward Peake C of E (VC) Middle School

Federation Headteacher: Miss Z J Linington

Potton Road, Biggleswade, Bedfordshire. SG18 0EJ

Tel: 01767 314562

E-mail: info@edwardpeake.beds.sch.uk

Web: <http://www.edwardpeake.beds.sch.uk>



21 October 2020

Dear Parents/Carers

Year 7 & 8 Food Technology

After half term your child will begin their Food Technology course. A requirement of the course is to undertake practical activities involving food.

Pupils will be notified in advance of what ingredients will be needed for their lessons to allow sufficient time for adequate shopping. If there are any problems in providing ingredients, please contact your child's food technology teacher by email or telephone so alternative arrangements can be made. Please give the school 48 hours' notice.

Please could you provide a plastic box, clearly labelled with your child's name and class, for them to carry their food home. This year due to the current guidelines relating to the pandemic, we ask that pupils please bring in an apron or something that could be used as an equivalent, for example; an old shirt clearly named. This will then need to be taken home and washed before the next lesson.

Please complete the slip below to acknowledge receipt of this letter and to indicate whether your child suffers from any allergies.

Yours sincerely

Miss Ashby
Food Technology Department

Reply slip to Miss Ashby

Child's Name: Class:

I acknowledge receipt of your letter regarding Food Technology ingredients.

My child has the following intolerances/allergies:

Signed: Parent/Carer Date:



B.C.U.S.
BIGGLESWADE COMMUNITY
UNION OF SCHOOLS



Year 7 Food Ingredients

Below are the list of ingredients for the practical lessons. If there are any ingredients you are unable to get please let your teacher know before the lesson.

Week beginning 9th November

Chilli

120g of beef mince

1 small onion

Garlic clove

1 tsp. chilli powder

1/2 tsp. cumin

1 tin of chopped tomatoes

Pinch of paprika, salt and pepper

Named, sealable plastic container to carry the chilli home in.

Week beginning 16th November

Macaroni Cheese

150g of pasta

70g of cheddar cheese

15g butter

15g plain flour

150ml milk

Named, sealable plastic container to carry the macaroni cheese home in.

Week beginning 23rd November

Shortbread

100g plain flour

70g butter

30g sugar

Named, sealable plastic container to carry the shortbread home in

Week beginning 30th November

Fajitas

1/2 an onion

1/2 a pepper

1 chicken breast

1tsp. of honey

1 tbsp. of lime

1 tsp. of chilli powder

1/2 tsp. of paprika

Pinch of cumin

2 wraps

Named, sealable plastic container to carry the fajitas home in.

Week beginning 7th December

Savoury Plait

1 packet of puff pastry

1 large potato or 2 smaller ones

1 onion

50g of cheese

Named, sealable plastic container to carry the macaroni cheese home in.
