

Edward Peake C of E (VC) Middle School

Federation Headteacher: Miss Z J Linington

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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:

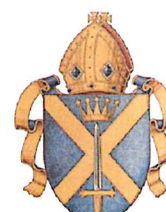
I acknowledge receipt of your letter regarding Food Technology ingredients.

My child has the following intolerances/allergies:

Signed: Parent/Carer Date:



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BIGGLESWADE COMMUNITY
UNION OF SCHOOLS



Year 8 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

Vegetable Rissoto

1/2 an onion

1 tbsp. of oil

100g long rice

1 stock cube

3 of the following vegetables: mushrooms, broccoli, pepper, peas, sweetcorn, courgette, carrots

Named, sealable plastic container to carry the vegetable risotto home in.

Week beginning 16th November

Cheesecake

100g digestive biscuits

50g butter/margarine

200g cream cheese (Philadelphia or Mascarpone)

115g caster sugar

Fruit for the topping

Dish to make cheesecake in. Container to take cheesecake home in.

Week beginning 23rd November

Sweet and sour chicken

1 chicken breast

1/2 tbsp. of butter

1/2 an onion

1/2 a pepper

1 carrot

1/4 can of pineapple

1 tbsp. of tomato puree

1 tsp. of sugar

1/2 tbsp. soy sauce

1 stock cube

Named, sealable plastic container to carry the sweet and sour chicken home in.

Week beginning 30th November

Fish Cakes

100g potato

50g tomato

1/2 tin of tuna or salmon

2 slices of bread

1 egg

12g cheese

Named, sealable plastic container to carry the fish cakes home in.

Week beginning 7th December

Pizza

200g of strong flour

1 tsp. of yeast

1 tsp. of sugar

1/2 tsp. of salt

15ml of oil

1 tbsp. of tomato puree

2 tbsp. of passata

25g of cheese

Toppings e.g. ham, pineapple, pepper, mushrooms, pepperoni

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