Dear Parent/Guardian,

Over the next few weeks your child will be studying Food Technology. Therefore, it is necessary for them to bring the appropriate ingredients for the relevant practical nearly every week as this is ***homework*** and should stimulate discussions about food. It is also part of the ***National Curriculum*** for your child to complete. Please find below a list of the ingredients which will be required to help your child with his/ her practical each week. Please bear in mind that the ingredients listed are for a basic recipe and your child may wish to develop/change the recipe. Alternatives can be arranged but the practical lessons are planned so your child acquires the important food skills needed. If there are any problems in providing ingredients, we can help if we have ***prior*** notice ie. at least 24hrs before.

It is part of your child’s homework to prepare the necessary ingredients for their practical and we would appreciate it if the ingredients were weighed out at home to save time in the lesson as well as storage in the food rooms and place in a labelled container/bag. However, we do understand that this is sometimes difficult, and so we give your child the opportunity at 8.30am to come and weigh them out on the day of the practical. We also ask your child to provide a suitable container to take home the products they have made. We suggest a plastic tub with a tight-fitting lid which is about 30cm x 20cm and 10cm in depth with their name on or where needed, an oven proof dish.

Your child will be cooking the following as stated below dependant on when they have their double lesson ie: Thursday or Friday.

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| **Date** **(Week Beg.)** | **Product** | **Ingredients** |
| 1 | **Raspberry Buns** | 200g Self Raising Flour/ 75g Margarine/ 75g Caster Sugar/ 1 Eggs/ Jam |
| 2 | **Gingerbread****(melting)**  | 100g butter/ 100g brown sugar/ 100g (4 tbsp) golden syrup100g (4 tbsp) black treacle/ 100g Self-raising flour /100g Wholemeal self-raising flour (white is fine if not available)/ 4 tsp ground ginger1 Egg /150ml Milk |
| 3 | **Sweet Bread** |  400g Strong/ Bread Flour/ 1 sachet Yeast/ 1 Egg/2 tsp Cinnamon/100g Dried fruit/ 75g Brown Sugar/300ml Milk/ 50g Icing Sugar (optional) |
| 4 | **Swiss Roll****(whisked sponge)**  | 75g self raising flour/ 3 eggs/ 75g caster sugar and a little extra2-3 tbsp jam**If using cocoa powder use 25g cocoa replaces 25g flour**  |
| 5 | **Victoria Sandwich****(creaming)** | 150g SR Flour/ 150g Margarine/ 150g Caster Sugar3 Eggs/ Jam/ 125ml Double or Whipping Cream/ 25g Icing Sugar |

Thank you for your co-operation in this matter but if there are any problems or you like to discuss any issues regarding the above planned lessons, please do not hesitate to contact me at college.

Yours sincerely

A Robinson

A Robinson (Mrs)

Leader of Food Preparation and Nutrition