

Dear Parent/Carer,

Re. KS3 Food lessons, Year 8, 'Cooking in the galley'

I would like to take this opportunity to welcome your child back to school and to introduce some key information for the Food element of their timetabled DT lessons. All students in KS3 during the year follow the Design Technology carousel which includes Food, Resistant Materials, ICT, Textiles as well as our Maritime Futures curriculum during the autumn, spring or summer terms.

We recognise that Food is an integral aspect of all our lives and a healthy and nutritious diet is a key focus for us during the KS3 Food lessons. Our Maritime curriculum Food focused products are a part of our **'Cooking in the galley'** theme. Students will develop their knowledge of ingredients including how, why and which foods are nutritious as well as developing their practical skills in the kitchen. These practical lessons are what I write this letter to you about with details to help you as a parent/carers to support your child with preparing for each Food lesson.

All students will cook. We work on the approach that students love to be in the kitchen 'making and baking' and that safe use of equipment in the kitchen will develop skills for life.

We have attached ingredients lists for the products your child will make. Each week we also put ingredients onto Show My Homework telling you the date they are cooking. Ingredients are portion controlled to ensure that we develop good knowledge of portion size, nutrition as well as ensuring we have time to cook the ingredients. Our 60-minute lessons work with these amounts of ingredients. We understand that after the lesson they can go on to cook these with greater quantities if they wish at home for the family.

Each week when cooking students will wear a clean full apron that will be provided for them as well as a freshly washed hat, to help them meet good food hygiene practices. A hair band for long hair is useful here. Please see below a **handy list for reference** of what your child will do on the day of cooking:

- Students **only bring in the ingredients and amounts required for the dish**.
- Students bring their **ingredients in a clearly labelled** plastic bag to the food room, **De13 from 08:15 on the day** they are to cook. Staff will greet them and help with ingredients to be stored safely and refrigerated.
- **A plastic sealable container of 1 litre that is clearly labelled with their name**. This will ensure that your child can safely store their product, for their return home.
- Students can **collect their food products from De13 at 2:45pm** at the end of the day, on the day of cooking. Staff will assist them to do this.
- Any food products left will need to be disposed of, to ensure food safety and provide us with clear storage for the next day's groups. We have up to 5 groups cooking on some days.
- We try to carry a small quantity of spares and would do our very best in this circumstance. However, it is not always possible.

As you will understand, we are delighted to be in our kitchens and find that all our students enjoy 'making and baking', learning and building their skills for life as well as sharing with you the products they make.

If you require any further information about the any aspect of this letter or the food lessons, please do not hesitate to contact me agreen@cowesec.org . Shared communication is at the heart of us working together as a community.

Yours sincerely,

Year 8 Food practicals 'Cooking in the galley'

Shortbread

- 75g plain Flour
- 50g butter
- 25g caster sugar

Scone Base Pizza

- 100g Plain Flour
- 20g Butter
- 70ml Milk

Toppings of your choice:

- Cheese
- Peppers
- Ham

CEC will provide: Tomato Puree; 1 tsp baking powder; Salt and Pepper

Apple Turnovers

- 1 large apple

CEC will provide: Sugar; Cinnamon; Egg Wash, ½ sheet of rolled puff pastry

Chicken/Vegetable Curry

- 1 small chicken breast (75g), Quorn
- Vegetables
- 1 shallot/ ½ small onion

CEC will provide: 1 clove garlic; 2cm piece ginger; 1 tbs curry powder; 1 stock cube;
Tomato Puree; 1 tbs Corn flour mixed with water

Chinese Pork/chicken/Quorn

- 75g Pork/chicken/quorn
- ½ Onion
- ½ Carrot
- 1-piece red pepper

CEC will provide: 1/2 tbs five spice; 1 tbs Soy Sauce; 50ml water; 1 tbs Corn flour mixed with water

Some useful reminders:

- Please bring a suitable container that seals. 1 litre is a good size. Make sure name on the container.
- Please inform us if you wish to substitute ingredients for Vegetarian/Vegan or allergens.
- Bring all ingredients in a named bag to De13 (upstairs kitchen from 08:15 on the day of cooking.
- Your child will be given the date they are cooking through Show My Homework.

If in doubt, please contact or ask your Food teacher or email Mr A Green agreen@cowesec.org