

9<sup>th</sup> September 2022

Dear Parents and Carers,

### **The food studies curriculum 2022 – 2023**

Firstly, I would like to introduce myself. My name is Mrs Gollin and I am the Food teacher at the Suthers school. I have a vast amount of experience in all areas of food and hospitality both in the education sector and also in the private sector. I am passionate about creating a whole school approach to food and raising the awareness of the benefits of studying this subject which not only develops life skills but also brings an array of career opportunities worldwide. My motto is *'Food is so much more than cooking'* and lessons regularly include cross curricular learning embedding literacy, numeracy, Modern Foreign Languages and science. Food often breaks down barriers to learning and contributes to building students' self-esteem, independence and confidence across their whole school experiences.

Your child is currently on the Technology food rotation for 9 weeks. A full overview of the practical and theory work can be found below. A copy of this has been sent home with pupils during their first food lesson this week. The overall theme for this rotation is 'Restaurants and Menus' to start introducing terminology and learning outcomes needed to progress up to the Key Stage 4 option of the level 1/2 Hospitality and Catering vocational qualification.

Students will need to bring in their food ingredients each week in a large container and plastic bag **clearly labelled with their name and form**. Please ensure the food container is large enough to take all of their dishes home. Please be aware that we have around 200 students cooking each week and we are not able to keep food which students have forgotten to collect at the end of the school day.

**We would like to ask parents for a £3 donation towards smaller food items such as vegetable oil, herbs, spices, garlic and small baking ingredients. This will reduce the items you need to send into school and reduce potential waste at home. The link to this can be found on the ParentPay page and would be gratefully received.**

**\*\*\*Please let me know as a matter of urgency if your child has any food allergies or medical concerns not already declared to the school via previous correspondence. \*\*\***

**\*\*\*Please contact me via email at least 72 hours before the practical if you foresee any issues with providing the food ingredients. \*\*\***

I look forward to showcasing the food work we are delivering in school over the coming months and will be posting on the school social media pages on a regular basis.

Yours faithfully

Caroline Gollin  
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THE  
**SUTHERS**  
SCHOOL

**\*\*\*Please tell  
Mrs Gollin or Miss  
Beresford if you  
have any food  
allergies\*\*\***

**A parent/ guardian  
voluntary donation of  
£3 via Parentpay used  
to buy small  
ingredients such as  
salt, pepper, garlic etc**

**Ingredients List – Food Studies –  
Rotation 1 – Restaurants and Menus  
Year 7 September 2022**

Please find below the **ingredients needed for food** lessons from September 2022. You will remain in food studies for 9 weeks from 5<sup>th</sup> September until the 11<sup>th</sup> November (with half term falling in between). THE BELOW CAN ALSO BE FOUND ON THE SCHOOL WEBSITE AND WILL BE POSTED ON THE FACEBOOK PARENT PAGE.

**Week 1 – Introductory Week**

Theory week learning about hazards and risks in the Suthers teaching kitchen.

You will be allocated your 'workstation number' and you will be introduced to the routines during food practical lessons.

**Nutrition and the Eatwell Guide**

Theory week – no ingredients needed

**Week 7 – Dessert**

**Seasonal Crumble**

- 3 apples (any type)
- 115g plain flour
- 55g of margarine or butter
- 37g caster sugar
- 20g of oats (optional)

**An oven proof dish to make your crumble in.**

**Week 2 - Aperitif**

**Aperitif (starter) – Vegetable Crudités and Raita Dip**

- Half /OR a whole cucumber
- 1 pepper (any colour)
- 4 carrots
- 1 small pot unsweetened natural yoghurt

**Basic White Bread Rolls**

- 500g strong white bread flour

**Week 8 – Petit Fours**

**Scones**

- 450g self raising flour
- 55g of margarine or butter
- 50g caster sugar
- 100g butter or margarine
- 2 eggs
- Handful of chocolate chips or any milk/ dark chocolate
- 1 small tub whipping cream/ double cream

**A large plastic container with lid**

**Week 3 - Starter**

**Seasonal Broccoli Soup**

- 1 broccoli head
- 1 onion
- 1 large potato (or 2 medium)

**Week 6 – Main course**

**Tomato and basil sauce for pasta**

- 1 onion
- 1 medium/large carrot
- 1 stalk celery
- 1 tin chopped tomatoes
- A handful dried pasta (any)

**Week 9**

**Final theory lesson – review and reflection.**

Theory week – no ingredients needed