

9th September 2022

Dear Parents and Carers,

The food studies curriculum 2022 – 2023

I hope all is well and you had a good Summer.

Your child is currently on the Technology food rotation for 9 weeks and I am looking forward to delivering the newly revised year 8 food curriculum this academic year. During the next 10 months year 8 students will take part in two 9-week rotations of food lessons. The theme for these will be ‘takeaways and fakeaways’ teaching students how to prepare and make fresh food alternatives to popular takeaway foods. Students will learn about the benefits of eating these in terms of nutrition and health. The curriculum has been planned not only in line with the National Curriculum but also with the learning outcomes needed to progress to the Key Stage 4 option if chosen at the end of Year 9. The new KS4 option has been launched this week at the Suthers school for the level 1/2 Hospitality and Catering vocational qualification.

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.

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 in advance 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
Subject Lead for Food
cgollin@suthersschool.co.uk

**Ingredients List – Food Studies –
Rotation 1 – Takeaways and Fakeaways
Year 8 September 2022**

Please find below the **ingredients needed for the food studies** lesson from September 2022. You will remain in food studies for 9 weeks from 5th September until the 11th November (with half term falling in between).

Week 1

Welcome back to food – Let's make **popcorn**

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

Week 2

Spicy Fries

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- 4 large potatoes

Week 3

Food poisoning theory week

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No ingredients needed this week.

Week 4

Crispy Chicken Strips

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- 2 chicken breast or thighs
 - 2 eggs
 - 150g cornflakes
 - 100g plain flour

Week 5

Pizza in a Pan

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- 85g plain flour
 - 200g cheese (mozzarella or mild cheddar)
 - 75g Ham or pepperoni
 - 1 pepper/ 5 Mushrooms

Week 6

Design your own burger

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No ingredients needed this week.

Week 7

Create your own burger

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During week 6 students will be creating their own list of ingredients needed to make their own burger.

Week 8

Baked Doughnuts

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Ingredients list to follow with students.

Week 9

Theory week

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Final lesson for this rotation – review and reflection.
No ingredients needed this week.