

9th September 2022

Dear Parents and Carers,

The food studies curriculum 2022 – 2023 – Year 9

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 9 food curriculum this academic year. During the next 10 months year 9 students will take part in two 9-week rotations of food lessons. The theme for these will be 'Business and the pop-up restaurant project' teaching students about costing recipes, menu planning and special diets. 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
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Ingredients List – Food Studies – Rotation 1 – Pop up Restaurant Project

Year 9 September 2022

Please find below the **ingredients needed for food** lessons 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 – Introductory Week – Recap and ‘popcorn’

Theory week recap - hazards and risks in the Suthers teaching kitchen.

Chicken Curry (serves 2)

- 300g chicken thighs (off the bone) OR 2 chicken breast fillets
- 1 onion
- 1 lime AND 1 lemon
- Small carton double cream
- Any variety of uncooked rice – 200g will serve 2 people

Week 2 – Theory week

No ingredients needed

Week 5 – Theory week

No ingredients needed

Week 3 – Spaghetti Bolognese (serves 3)

- 1 pack minced beef (250g)
- 1 onion
- 1 carrot
- 1 celery stalk
- 1 tin of chopped tomatoes
- ½ pack dried spaghetti

Chocolate Brownie

- 150g white chocolate
- 125g unsalted butter
- 150g caster sugar
- 2 eggs
- 1 ½ teaspoon vanilla extract
- 200g plain flour

Week 7 – Gnocci in a creamy garlic and parmesan sauce (serves 3)

- 500g / 1 pack of Gnocci (Aldi / Lidl stock this)
- 4 cloves garlic
- 1 small block of parmesan
- 300ml / 1 small double cream

Week 8 – Spinach and Feta Filo Parcels (serves 2 as a large starter)

- 1 pack of filo pastry (Lidl/ Asda/ Morrisons/ Waitrose)
- 1 pack Greek style cheese/ feta cheese
- 1 packet of spinach
- 1 onion
- 1 egg

Week 9 - Theory

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

No ingredients needed