



Saint Joseph's

CATHOLIC SCHOOL

September 2017

year 7

Dear Parent/Carer

Over the coming year in Food Technology, your child will be given the opportunity to undertake several practical lessons. In order to ensure that these sessions run smoothly for all pupils, I would like to share with you our guidelines and expectations:

- Pupils will need to return the cut off overleaf and should keep the remainder of the letter to ensure they know what ingredients are needed for each practical.
- Pupils will be told which practical they will be completing and reminded of the ingredients they need to bring at least one week prior to the session.
- Ingredients must be dropped off in a named bag prior to morning registration on the day of the practical, ideally: In a named suitably sized container with a non-breakable cooking dish suitable to take the food home (or foil dish)
- Due to the size constraints of the kitchen, pupils will cook in rotated groups, if your child misses their practical lesson, they will not be able to switch to another group.
- If your child is cooking a hot dish during period 6, will not be able to take it home until the following day, unless they bring a suitable insulated container.
- Due to storage limitations, any food, containers or ingredients that are left in the room or fridge and not claimed by the end of the week after the practical, will be disposed of.
- When your child brings home food please make sure it is put in the fridge as soon as possible and if it is to be eaten hot please make sure you re-heat it thoroughly before eating ideally using a temperature probe to ensure the food is at a safe temperature to eat. Alternatively food should be reheated until piping hot to ensure the bacteria risk is minimised.

We will be doing some taste testing of different foods and it would be very useful to know if your son/daughter has any food allergy's which would require medication if he/she accidentally ingested it.

Should you have any questions or concerns, please do not hesitate to contact me directly via ssi@sjcs.org.uk / 01722 355380.

Yours sincerely

Mr Sibley
Food Technology

Please detail any known allergies

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Pupils Name Class Form

Parent/Guardian's signature Date

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Year 7- Ingredients List

(allergies in bold)

Fruit Salad- 1 Orange, 1 Apple, 1 Kiwi, 1 small tin of pineapple, 200ml orange juice. Plastic box with a sealed lid to make and take home in.

Coleslaw- ¼ small white **or** red cabbage, 1 medium carrot, 1 onion, 125g low fat mayonnaise (**eggs-mustard**) Plastic box with lid to make and take coleslaw home in.

Pasta Salad- 50g pasta (provided by school) (**wheat-gluten**), ½ pepper (green, red, yellow or orange, ½ small onion or 1 spring onion, small piece of cucumber, 2 tablespoons of sweetcorn. 2 tablespoons of low fat dressing and **EITHER** 1 small tin of **Tuna OR** smoked sausage **OR** cooked meat (**sulphur dioxide-fish-celery-eggs-mustard**) Plastic box with a lid
Allergy Advice- Please check the ingredients on the packaging.

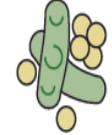
Apple Crumble- Filling- 225g cooking apples, 20g soft brown/ caster sugar, 50g sultanas (optional) (**sulphur dioxide**), ½ teaspoon ground cinnamon.
Topping- to be made at home- 100g plain flour (**wheat-gluten**) or 50g plain+50g wholemeal (**wheat-gluten**), 50g oats (**wheat-gluten**), 25g granulated or Demerara sugar, 50g butter or margarine (**milk**)
Medium tin foil container with lid. Larger tin or box to take crumble home in.

Vegetable Kebabs
1 Courgette, 5 mushrooms, 1 pepper, 8 cherry tomatoes and 1 clove garlic.

Vegetable Couscous- 1 vegetable stock cube (**celery-mustard-wheat-gluten**), 200g couscous 1 red pepper, 1 red onion, 50g raisins (**sulphur dioxide**), 100g tinned chickpeas, 30ml fresh parsley. Plastic container with lid to make and take Couscous home in.

Vegetable noodles
150g Chinese cooked noodles, 1 **stick celery**, 150g bean sprouts, half a red pepper, 50g (2 medium) mushrooms, 50g (1-2 leaves) Chinese leaves or broccoli florets, 1 red onion, **2 tbsps soy sauce**. Plastic container with lid to make and take Couscous home in.

Which ingredients can cause a problem?

		
Cereals containing gluten	Peanuts	
		
Nuts	Milk	Soya
		
Mustard	Lupin	Eggs
		
Fish	Crustaceans	Molluscs
		
Sesame seeds	Celery	Sulphur dioxide