**YEAR 7 Mad Hatter’s Tea Party**

**Dear Parents/Carers.**

This year, in Design & Technology Food, the students will have a small recipe book of their own with all the information they need to cook the module recipes. Below is a copy of the dates for the practical lessons. Please encourage your child to prepare and weigh out the ingredients themselves as this is part of their Home Learning Challenge. We hope you all enjoy the outcomes. **Should there be a problem supplying ingredients please contact Mrs Tina Burrows (tburrows@worle-school.org.uk) as soon as possible so that we can discuss a solution.**

**A note MUST be written in your child’s planner.**  **Tina Burrows, Head of Design & Technology**

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| **Date………………………………………****Fruit Salad**Selection of fruit1 small carton of fruit juice1 tight lidded box or wide neck flask**Smoothie**150mls milk1 small pot of yogurtFresh fruit1 wide neck bottle or flask 1 dsp sugar, 1 dsp lemon juice | **Date…………………………………………Pizza**1 small French stick or baguette2 tablespoons Tomato puree or ketchupSelection of fruit and vegetables e.g. sweetcorn, pepper, mushrooms, pineappleCooked meat e.g. ham40g Cheddar cheese A box with a lid |
| **Date………………………………………Cookies**50g self raising flour50g oats NOT READY BREK50g butter or margarine (fat)50g sugar1 tablespoon syrup½ teaspoon vanilla essence/ginger( optional) A box with a lid | **Date………………………………………Pasta**50g pasta, uncookedSelection of fruit, vegetables, nuts e.g. peppers, sweetcorn, onion, cucumber, peasCooked meat or fish e.g. ham, tuna, sausage3 tablespoons salad cream or dressingA box with a lid |
| **Date…………………………………….Kebabs & Wedges**3 wooden kebab skewers 3 rashers of bacon (Cooked sausage, cooked  chicken, Pepperami – optional) Haloumi cheese (optional) 2 onions – white or red 1 pepper – red, orange or yellow 1 courgette 6 button mushrooms & 6 cherry tomatoes 1 large potato/sweet potato | **Date…………………………………………Cupcakes**60g self raising flour60g caster sugar60g soft margarine/soft butter (fat)1 eggDecoration e.g. sprinkles, ready icing9 cake casesA box with a lid |
| **Date………………………………………Scones**225g SR flour50g butter150 mls milkPinch of salt (School will prOvide)Suggestions of Savoury flavourings – 25g cheese, ½ onion, curry powder, 2 slices ham, 2 slices of cooked bacon, 1 tsp dried mustard. DO NOT BRING ALL OF THEM.A box with a lid | **Date……………………………Alice’s Crunch**10 digestive biscuits50g butter or margarine – ‘fat’1 packet of Angel Delight or shop’s own 250mls milkFruit to decorateA bowl or deep foil dish approx.23-25cm diameterA box/tin with a lid |
| **Date………………………………………Burgers** 200g mince (20% or less fat content). Beef,  lamb. ½ onion 1 slice of bread 2 burger baps or similar 1 oxo cube 1 egg Garnish if appropriate Additional flavouring e.g. mint, horseradish. A box with a lid. | **ALL THE RECIPES CAN BE MODIFIED.****SPEAK TO YOUR TEACHER.****ASK YOUR FAMILY.****THINK HEALTHY,****THINK TASTY.** |

