**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 fruit  1 small carton of fruit juice  1 tight lidded box or wide neck flask  **Smoothie**  150mls milk  1 small pot of yogurt  Fresh fruit  1 wide neck bottle or flask  1 dsp sugar, 1 dsp lemon juice | **Date…………………………………………Pizza**  1 small French stick or baguette  2 tablespoons Tomato puree or ketchup  Selection of fruit and vegetables e.g. sweetcorn, pepper, mushrooms, pineapple  Cooked meat e.g. ham  40g Cheddar cheese  A box with a lid |
| **Date………………………………………Cookies**  50g self raising flour  50g oats NOT READY BREK  50g butter or margarine (fat)  50g sugar  1 tablespoon syrup  ½ teaspoon vanilla essence/ginger( optional)  A box with a lid | **Date………………………………………Pasta**  50g pasta, uncooked  Selection of fruit, vegetables, nuts e.g. peppers, sweetcorn, onion, cucumber, peas  Cooked meat or fish e.g. ham, tuna, sausage  3 tablespoons salad cream or dressing  A 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 flour  60g caster sugar  60g soft margarine/soft butter (fat)  1 egg  Decoration e.g. sprinkles, ready icing  9 cake cases  A box with a lid |
| **Date………………………………………Scones**  225g SR flour  50g butter  150 mls milk  Pinch 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 biscuits  50g butter or margarine – ‘fat’  1 packet of Angel Delight or shop’s own  250mls milk  Fruit to decorate  A bowl or deep foil dish approx.23-25cm diameter  A 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.** |

