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Bohunt Horsham Headteacher: Ms G Ayling BA (Hons)

Dear Families

Re: Food Practical lessons in Year 8

We are very excited to have moved into our amazing new building which means we can now resume our Food and Nutrition course in our purpose-built Food Technology rooms. In order to give all students the opportunity to experience what a great subject Food and Nutrition is before making GCSE options choices, this term students will alternate weekly between Food and Design Technology. Students in Mx Thynne's groups will have their practical lessons during week 1; students in Mr Flowers' groups will cook in week 2.

To allow your children to cook we ask that they bring in the ingredients required for each session on the day of their lesson. It is important that students come prepared with the correct ingredients. The emphasis of the course is on developing key skills to allow them to cook confidently and healthily whilst exploring the different food groups and the impact of diet and nutrition on health.

Students will generally take their cooking home with them having taste tested and evaluated their products. However, there will be some occasions when we will sit down and eat together to enjoy the social aspect of food as well; we will let you know in advance which sessions these will be. Students will need to bring a suitable (named) container, in addition to the named containers for their ingredients. We are keen to reduce the use of single use plastics so where possible we would ask that you try and use reusable containers to transport food and ingredients. Naming food containers is essential. Please note food must be collected at the end of the day and will only be kept for 24hrs if not collected.

Students will need to bring their labelled, weighed out ingredients to Mrs Smith in the food room (G2w) first thing in the morning. This is important as it will ensure that they do not get their ingredients mixed up with other students.

It is important that every child can take part. If your child is entitled to free school meals or pupil premium or if there are any other reasons why you will find it difficult to provide ingredients for your child please email me in confidence.

If you do not want your child to cook a certain product please let your child's teacher know in advance so that alternative ingredients can be found. In many cases we can adapt recipes to suit your needs or if you feel confident you may wish to do this yourself. I have attached a copy of the recipes we will be cooking for your information. We will send the ingredients list out in advance as homework via ClassCharts each week.

We are looking forward to seeing some great cooking and hope you will enjoy sharing the dishes they produce. If you have any queries please do not hesitate to contact me.

Yours faithfully

David Flowers
Head of STEM Faculty

Date: Dish 1: Ratatouille Please provide: • 1 large onion • 2 garlic cloves • 1 red or orange pepper • 1 courgette • 1 aubergine • 1 tin (400g) chopped tomatoes • named container to take food home We will provide: Mixed herbs, oil, salt and pepper	Date: Dish 2: Frittata Please provide: • 100g <u>waxy</u> potatoes (Charlotte, Jersey Royal or Desiree) • 1 onion • 100g Cheese • 1 egg Optional • 1 pepper • 50g mushrooms • 50g peas • named container to take food home We will provide: Mixed herbs and oil.
Date: Dish 3: Cheese & Potato Pie Please provide: • 400g Potatoes • 1 onion • 1 tomato • 75g grated cheese • 25g butter • Oven proof dish to cook dish in and take it home in. We will provide: Milk	Date: Dish 4: Fish Fingers Please provide: • 50g plain flour • 50g breadcrumbs • 50g parmesan cheese • 1 egg • 300g skinless salmon, cod, haddock or other firm fish • Named container to take food home in Dip • 125ml Greek Yoghurt • 1 tablespoon mayonnaise • 1 tablespoon Dijon mustard • 1 tablespoon chopped fresh herbs (parsley, tarragon or dill) We will provide: Small pinch paprika or chilli powder
Date: Dish 5: Samosas Please provide: • 150g cooked chopped vegetables (or defrosted frozen vegetables) • 2 tablespoons cream cheese • 4 sheets filo pastry • Named container to take food home We will provide: Curry paste	Date: Dish 6: Mini Carrot cakes Please provide: • 250g carrots • 150g margarine • 150g caster sugar • 150g wholemeal self raising flour • 2 large eggs • muffin cases • Named container to take food home We will provide: cinnamon

Date:	Date:
Dish 7: Cheesecake Please provide: • 150g digestive biscuits • 75g butter • 250ml double cream • 225g mascarpone cheese • 50g icing sugar • 1 lemon • 1 punnet fresh fruit (eg: strawberries or raspberries) • Suitable round named container/tin to make it in and take home.	