

Dear Parents/Carers

KS3 – Food lessons



All the information provided should help you to prepare in advance for upcoming food lessons. For Summer Term 1 learners will be completing the following practical makes in Food technology.

	Crew 1, 2 and 3	Crew 4 and 5
Fruit salad	Monday 24 th April	Tuesday 25 th April
Fruit flapjacks	Monday 15 th May	Tuesday 16 th May

Learners will need to:

- Organise/ buy ingredients in advance of the upcoming sessions. (All equipment for cooking will be provided)
- Pre-weigh the ingredients at home (it saves time when cooking)
- Make sure your high-risk ingredients (those that need refrigerating) are in small, separate containers and named)
- Have suitable containers to take your food home in
- Label your ingredients and bag/container with your name and Crew. All ingredients and containers can be left in the food room before the start of the day and collected at 3:30.
- Please note, any food not collected after 2 days will be disposed of.

If you have any queries, please email Mrs Prince- hprince@glebefarmschool.co.uk

Fruit salad

Ingredients

2 satsumas
4 strawberries
8 seedless red grapes, halved lengthways
8 seedless white grapes, halved lengthways
2 bananas
2 x 15ml spoons orange juice

Top tips

- Try using different types of fruit such as peeled and sliced kiwi fruit, chunks of fresh mango or canned pineapple.
- Instead of orange juice try another juice, such as apple.
- You could serve your fruit salad in a hollowed out fruit such as melon to make it look attractive

Food skills



MEASURE



PEEL



CUT, CHOP,
SLICE, DICE
& TRIM



MIX, STIR &
COMBINE

Fruit flapjacks

Ingredients

2x15ml spoons golden syrup
50g butter or soft spread
50g sugar
150g oats
50g dried fruit, e.g. sliced apricots

Top tips

- Vary the type of dried fruit, e.g. sultanas, figs, mixed fruit.
- Add 1x5ml spoon cinnamon or mixed spice to the oat mixture
- Try using a little less sugar (or replace some with sweetener) and a little more dried fruit in the flapjacks to make them healthier.

Food skills



WEIGH



MEASURE



MELT,
SIMMER
AND BOIL



CUT, CHOP,
SLICE, DICE
& TRIM



PORTION /
DIVIDE



MIX, STIR &
COMBINE



BAKE