



2 November 2018

Dear Parents,

FOOD SCHEDULE

The schedule for this half term is as follows:

Wednesday 31st October: Food science experiment (no ingredients or container required).

Wednesday 7th November: Chicken portioning and sweet and sour chicken practical. For this they will need a whole chicken to portion, we will be freezing and using all portions in future practical's. Ingredients for sweet and sour chicken and a suitable size container.

Wednesday 14th November: Own choice chicken thigh recipe (I will suggest a couple of recipes but this is a chance to do something individual using the chicken thigh and drumstick portions). Ingredients of their choice, method for how to make it and a suitable container.

Wednesday 21st November: Fish portioning and visit from fishmonger (this is not fully confirmed so may change). Students will be provided with a fish to fillet and freeze.

Wednesday 28th November: Own choice fish practical using fillets from previous week. Ingredients of their choice, method for how to make it and a suitable container.

Wednesday 5th December: Mini pavlova ingredients and suitable container.

Wednesday 12th December: Own choice Christmas recipe. Ingredients needed for recipe, method for how to make it and a suitable container

Recipes and how your child could differentiate the recipe will be on their Google Classroom a week in advance or more. Portion sizes will be to serve approximately 4 people. I will recommend this as a suitable amount to make in the lesson time and with the equipment we have. If however you have 5 in your family please feel free to adapt the recipe to serve the number of people required however please consider that a very large portion size will take your child longer to prepare and cook.

Any questions you may have, please let me know by emailing rpage@bestacademies.org.uk.

Kind regards,

Mrs R Page
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