**Food and Nutrition Year 7**

**My Technology Day is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**My Partners Phone Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Dear Parents and Caregivers

Your child has started their Food and Nutrition programme in Technology.

**Please ensure that your child has their ingredients with them each week and a container with a secure lid to take their food home in. They will also need a fork or spoon.**

The quantities below are for your child and their cooking partner to bring between them (not each!). If your child is a vegetarian or has food allergies please let me know and I can adjust the recipes to suit.

If you have any queries please email me [kcvitanovich@nelsonintermediate.school.nz](mailto:kcvitanovich@nelsonintermediate.school.nz)

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| **Week** | **Learning** | **Ingredients Required Between Partners** |
| 2 | Muffins | I egg, 2 carrots, 1 banana half a cup of milk |
| 3 | Pizza | 60g cheese, 2T tomato paste, pizza toppings e.g. meat, onion, capsicum, pineapple |
| 4 | Pasta Bake | 1 Cup pasta, 2Tbutter, 1C milk, 50g cheese, 1 onion, handful of vegetables e.g. broccoli, silver beet, mushrooms; plus a tin of salmon or tuna and a lemon, OR 200g cooked chicken, OR 200g bacon |
| 5 | Breakfast  Oaty Pancakes with grilled bacon and banana | 1eggs, 1/2Cup milk, 2 rashers of bacon, banana or other fruit  25g butter. Maple syrup if required |
| 6 | Purple Cake Day | 2 eggs, ¼ cup milk, 1 cup icing sugar |
| 7 | Purple Cake Day | Ingredients you decided on for your purple cake day baking option |
| 8 | Dinner  Stir Fry Vegies and Noodles | 2 cups of vegetables suitable for stir frying, 2 eggs and 2 packets of Baked not Fried 2 Minute Noodles. |
| 9 | Baking Day | Students will bring home a list of ingredients once they have decided what they would like to cook. Parents/caregivers are invited to come along and cook with their children |

We welcome any spare clean plastic containers with lids. To enable all students to take part in practical cooking we also invite you to send along any excess produce from your garden that we could make use of in the Foods Room.

Thanks,

Kate Cvitanovich – Food Technology Teacher