



The Henry Cort Community College

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Our ref: BEP/HLS

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Dear Parents/Carers

Year 7 Food Technology Practical Lessons

We are writing to share important information about your child's Food Technology practical lessons for the first half of the school year, which will begin after the upcoming half-term break.

These sessions are a valuable part of the curriculum, giving students hands-on experience in the kitchen while developing essential life skills. To help you and your child prepare, we have outlined the schedule of practical lessons, including the ingredients required for each session.

Please check your child's timetable carefully to confirm the exact day of their practical lesson. We have included a "Week Beginning" date to help you plan ahead and ensure your child brings the correct ingredients on the appropriate day.

A copy of this letter is also available on our [college website](#) for your reference. In addition, we will send reminders via Edulink ahead of each practical session, clearly indicating which lesson is coming up (e.g., "Lesson 3").

Thank you for your continued support in helping your child make the most of their Food Technology lessons. If you have any questions, please don't hesitate to get in touch.

Yours sincerely,

Mr B Parker
Assistant Principal

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Week Beginning	Lesson	Ingredients – Add own or adapt ingredients if Basic is stated.
3 rd November	3. Cake decorating activity	Readymade cupcakes x 6, 140g/5oz butter, 280g/10oz icing sugar, 1–2 tbsp milk, ¼ tsp vanilla extract, few drops food colouring.
17 th November	4. Scones	225g self-raising flour, pinch of salt, 55g butter, 25g <i>sultanas (optional)</i> , 25g caster sugar, 150ml milk.
1 st December	5. Sweetcorn fritter	30g plain flour, half tsp baking powder, quarter tsp salt, 1 large egg, 1 x 200g can sweetcorn, drained (drained weight 170g) 1 large or 2 small spring onions, finely sliced, 2 tbsp sunflower or canola oil for frying.
15 th November	6. Shortbread.	150g plain flour, 100g butter or baking fat/block, 50g caster sugar
12 th January	7. Fish goujons	250g firm white fish fillet, skinned, 3 tablespoons plain flour, 1/4 tsp cayenne pepper, 1 large egg, 80g fine, fresh white breadcrumbs, 2 tablespoons sesame seeds, salt and freshly ground black pepper, 25g butter, melted.
26 th January	8. Making butter	<i>300ml of cream 4x crackers. 40g cheddar cheese.</i>
9 th February	9. Flapjacks	75g dried apricots, 150g oats, 50g caster sugar, 50g butter or vegetable fat spread, 2 x 15ml spoons golden syrup