

8th December 2025

Dear Parent / Carer,

Re: Year 7 Food Ingredients List (0037-25MLE)

In Year 7, pupils will be completing 24 food lessons in DT, 9 of these lessons will require ingredients to be brought in from home. To help reduce missing ingredients this year and support parents / carers with the preparation for these lessons, on the final page is the list of ingredients your child will need to bring for each practical.

As a school we have done our best to provide as much of the ingredients for practical lessons as we can but ask for your support with these 9 lessons.

The list of ingredients is also sent home on a separate piece of paper the week before the ingredients are needed.

It is very important that these ingredients are brought into school every week to help pupils access the curriculum. If, however, there are any issues with supplying these ingredients due to financial difficulty or other concerns please fill out the forms link below:

[Food Ingredients Online Form](#)

All ingredients will require a large sized container to take the food home with pupils.

If you have any questions or concerns, please contact myself, Miss Leighton - Head of DT – mleighton@longfield.nalp.org.uk or ring 01325 380815 / 01325 380816.

Yours sincerely,

A handwritten signature in black ink, appearing to be "M Leighton", with a long horizontal line extending to the right.

Mrs M Leighton

Head of DT

Headteacher: Angela Sweeten

longfield.nalp.org.uk

📍 Longfield Road Darlington DL3 0HT

☎ 01325 380815 | 01325 380816 📧 enquiries@longfield.nalp.org.uk

Fruit Fusion:

1 clementine/tangerine or satsuma
6 red grapes
6 green grapes
1 kiwi fruit
1 banana
1 apple
1 small carton orange juice

Pizza Toast:

50g Topping 1 – OWN CHOICE
50g Topping 2 – OWN CHOICE
50g Topping 3 – OWN CHOICE
50g cheese, e.g. Cheddar, Edam, mozzarella, red Leicester etc.
2 part-baked baguettes/Fresh Baguette/4 pitta bread/2 bagels
2 x 15ml spoons tomato pizza sauce/alternative

Goujons:

225g chicken breast already sliced into finger sized pieces or chicken fillets
100g corn flakes (crushed)
1 large egg
2 x 15ml spoons plain flour

Simple Curry:

225g chicken breast, cubed
2 x 15ml spoons curry paste (your choice)
1 onion, sliced
1 clove garlic, crushed or chopped
200g can chopped tomatoes
2 tomatoes, cut into wedges
1 x 15ml spoon fresh coriander, chopped (optional)

Simple Fajitas

3-4 tortilla wraps
50g chicken/ quorn mince
50g grated cheese
1 red or green pepper
1 small onion
Optional spices and sauces (Mayo, sour cream, salsa, sweet chilli).

Fruit Crumble

100g plain flour
50g butter or margarine
50g oats
25g sugar
2 eating apples
50g sultanas/raspberries/blackberries/cranberries or other preferred fruits.

Scones

250g self-raising flour
40g margarine
125ml milk
25 sugar (sweet scones only)
(Approximately 75g of additional ingredients such as sweet-dried fruit /savoury-cheese, onion, pepperoni)

Scone based pizza:

50g Topping 1 – OWN Choice

50g Topping 2 – OWN Choice

50g Topping 3 – OWN Choice

100g cheese, e.g. Cheddar, Edam, mozzarella, red Leicester etc.

3 x 15ml spoons tomato pizza sauce/alternative

150g self-raising flour

25g margarine

1 egg

50ml semi-skimmed milk

Simple Cheesecake:

100g digestive biscuits

50g melted butter/margarine

200g cream cheese (Philadelphia or Mascarpone)

100g-125g caster sugar

Approximately 100-200g seasonal fruit such as strawberries/raspberries/summer fruits etc.