

8th December 2025

Dear Parent / Carer,

Re: Year 8 Food Ingredients List (0038-25MLE)

In Year 8, pupils will be completing 12 food lessons in DT, 8 of these lessons will be practical based. 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.

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

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<p>Bread rolls: 300g strong white flour 15g margarine 1 sachet quick acting yeast (7g)</p>
<p>Finnish Plait: 250g white strong plain flour 1 x 15ml spoon mixed spice or cinnamon 75g currants 25g mixed peel 1 x sachet quick acting yeast (7g) 25g caster sugar 15g margarine 125ml milk 1 egg (medium)</p>
<p>Toad in the hole: 4 sausages 150ml Milk 100g Plain flour 2 Eggs Suitable oven proof dish or 50p for a large foil container</p>
<p>Sweet and sour chicken: 1 small can pineapple chunks in juice 1 tbsp cornflour 1 tbsp soy sauce 1 tbsp tomato ketchup/puree 2 chicken breasts or Quorn equivalent 1 medium onion, (precut into wedges) 1 pepper (Pre-cut into large chunks) 1 garlic clove Cornflour, soy sauce, ketchup (can be provided by school)</p>
<p>Sausage plait: 1 packet puff pastry 4 sausages or 100g sausage meat</p>
<p>Cheese and bacon Tart: (assessment) 200g plain flour (week 1) 50g margarine (week 1) 50g white fat/lard (week 1) 50g cooked bacon 50g cheese, e.g. Mozzarella, Gruyere or Cheddar (Lesson 2) 2 eggs 125ml semi-skimmed milk</p>
<p>Lemon Curd: 2 eggs 100g caster sugar 1 lemon (or other citrus fruit) 25g cornflour</p>
<p>Lemon Drizzle cake: 2 eggs 100g margarine 100g self-raising flour 100g caster sugar 12 suitable cupcake cases</p>