

**Welcome to Food Technology**

We are really looking forward to seeing you in September. Food Technology is part of the Design Technology Department. You will spend a term on Food Technology in Year 7, learning how to be healthy and how to cook various sweet and savoury foods.

You may want to have a look at the types of activities that have been going on in school and home, by reading our school blog on our school website or visiting out DT Instagram page; **sbchs.dt**

The ‘lets get cooking website’ has lots of recipes that you could follow. Have a look at the ‘no cook wonders’ section and with adult supervision, have a go at one of them.

<https://letsgetcooking.org.uk/lets-get-cooking-at-home/recipe-collection/no-cook-wonders/>

Have a look at the challenges below and have a go at one. It would be great to see what you do and see what you have made. You can email me at [h.wainwright@sbchs.co.uk](mailto:h.wainwright@sbchs.co.uk)

