



# MCA TODAY

THE FOOD TECHNOLOGY EDITION



## WHAT'S HAPPENING AT THE MOMENT?



### YEAR 7 & 8

Our Year 7 and 8 students have been baking their way to success in the kitchen!

Year 7 have been learning to make shortcrust pastry, which they transformed into delicious mini quiches.

Year 8 have taken on the challenge of puff pastry, creating tasty sausage rolls from scratch.

Alongside practical baking, students have been exploring the role of nutrition and how the foods we eat impact our bodies. They have also begun to look at dietary choices and needs, considering how these change with age and how allergies and intolerances can affect what people can safely eat.

### YEAR 9 & 10

Our Year 9 and 10 students have been honing their skills in preparation for their upcoming practical exams. They've been tackling advanced techniques such as deboning chicken thighs, mincing meat, and using pasta machines to make fresh pasta from scratch. In addition to practical skills, students have been exploring nutrients in depth and applying this knowledge to plan dishes tailored to the nutritional needs and tastes of specific age groups, combining science with creativity in their cooking.





## STAFF SPOTLIGHT

Ms Unsworth is the Head of Technology at MCA. She is currently reading *Fourth Wing* by Rebecca Yarros. She has been particularly inspired by the lead female character, who shows great resilience as she overcomes her health challenges and personal struggles. The character's determination and strength make her a truly inspirational figure, and a compelling reason to pick up this exciting novel.



## CELEBRATIONS

On Wednesday evening, we hosted a wonderful Iftar celebration. Mr Ali welcomed students, parents, and staff to break the fast together, cooking delicious chapli kebabs, onion bhajis, and a fruit chat for dessert. The event was a great success, with over a hundred guests joining us for an evening of community, food and celebration.



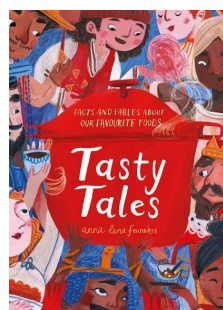
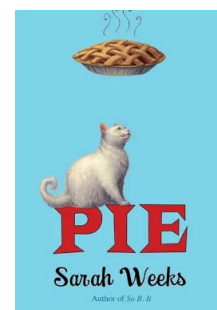
## FAMILY FOCUS

Over the Easter break, why not take the opportunity to get your children involved in cooking at home? If you're preparing a traditional roast dinner, consider incorporating a wider variety of vegetables to make the meal both nutritious and exciting. Introducing options such as celeriac or butternut squash can add new flavours and textures, while seasonal choices like asparagus and spring greens are fresh, delicious, and perfect for this time of year. Cooking together is a great way to build confidence, encourage healthy eating habits, and spend quality time as a family.

## BOOKS WE'RE LOVING THIS WEEK

This week's book recommendations are all related in some way to cooking or food! They are all available at the MCA Library:

*The Star of Kazan* – Eva Ibbotson  
*Pie* – Sarah Weeks  
*Tasty Tales* – Anna Lena Feunekes



## WHAT'S COMING UP?

Next half term, we will be celebrating Healthy Eating Week with a range of exciting breaktime events. Students will have the opportunity to learn about and sample a variety of healthier snack options, helping to promote positive food choices. There will also be a smoothie stand focused on hydration, encouraging everyone to stay refreshed while exploring nutritious and delicious drinks.



## WHAT TO WATCH

MasterChef: The Professionals and The Great British Menu are both fantastic programmes to watch to inspire students to pursue a food related career!

### STUDENT SPOTLIGHT DIANA F (YEAR 10) & RUTENDO M (YEAR 11)

Diana F and Rutendo M have shown fantastic initiative and commitment by running the MCA Market this year during every single breaktime.

Since September, they have provided students with the opportunity to enjoy as much fruit as they like, helping everyone work towards their five-a-day in a fun and accessible way. In addition to their daily efforts, they also organise a termly smoothie sale, further promoting healthy choices across the school. Their dedication and positive impact make them truly deserving of recognition Star Students.

