

Dear Year 7 Parents/Carers

Your son/daughter will be studying Food and Nutrition until February 2022 half term. Students are expected to bring their own ingredients in for the practical sessions. There will be four cooking sessions over the coming months.

To assist you with cooking on a budget, here are some helpful hints and tips to make life a little easier. The ingredients list will be sent out via Show My Homework a week in advance of their practical. Please pay particular attention to the date that the ingredients are required and ensure all ingredients are weighed out before the lesson. All ingredients required for recipes cooked in school are attached and can also be found on our website.

Top Tips:

1. All recipes are adaptable. There is nothing worse than having to provide ingredients for a recipe which won't be enjoyed. Please take a look at the substitutions that your son/daughter has made to the recipe and discuss alternatives with them.
2. Always look in the reduced aisles/fridges in supermarkets as you can find some real bargains. To help reduce the cost of the recipes, the school will supply some basic ingredients like oil and seasonings. School supplied ingredients will be highlighted in brackets so that they're easy to see.
3. Some parents with pupils in the same class have teamed up and shared ingredients between them, helping to reduce costs when cooking on a budget.
4. Please use labelled reusable containers to supply ingredients in, single use plastic bags should be avoided, as we as a school are unable to recycle them.
5. Please pay particular attention to the suggested container for the end product. All students need to bring containers to take their food home in.
6. Please label your child's ingredients as due to Health and Safety (cross contamination), shopping bags are not allowed in the fridges and when not labelled, pupils' ingredients do get mixed up.

Please remember our important health and safety rules to prevent cross contamination and bodily injury:

- 1) **Hair must to be tied up,**
- 2) **No jewellery or false/painted nails and**
- 3) **You must wear suitable shoes – *plain black, polishable and formal in style. Shoes must be of a sensible and safe design, trainers are not acceptable. Incorrect shoes will result in a no cook lesson due to the danger of a dropped knife piercing the fabric or hot liquid scalding or burning the foot. If pupils have PE on a day when they are cooking, they must bring in their suitable shoes and wear them during the cooking session.***
- 4) **It is important that if you have any dietary intolerances or allergies that your recipe is adapted accordingly. If no substitutes are available, please contact me to discuss an alternate recipe.**

During some lessons, pupils will be given the opportunity to take part in taste testing a number of ingredients. Please ensure the school is kept up to date with any allergies or intolerances your child has and please do not hesitate to contact me if you have any queries or suggestions.

Yours sincerely

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