



September 2016

Dear Parent/Guardian,

Food and Nutrition Lessons: KS3 (Year 7-9)

During the school year your son/daughter will be taking part in many food practical lessons, groupwork, experimental and tasting sessions. It is important that you are informed of certain key facts in order for the lessons to run smoothly.

It is important that your son/daughter is fully equipped for all lessons, including ingredients for practical lessons. For some food lessons we will provide basic ingredients e.g. salt, pepper, oil, herbs and also ingredients for tasting and experimental lessons. To cover these costs we therefore ask for a voluntary contribution of up to £12.00.

Please send in either a cheque or cash to student reception in an envelope marked with their name and form. Alternatively you can pay via ParentPay facility.

Aprons will be provided for food practical lessons, but your child will be required to bring:

- Ingredients – already weighed. We do supply weighing scales in school but it does save valuable time if the ingredients are already weighed out. We would encourage you to ask your son/daughter to weigh out their own ingredients rather than you doing this for them.
- A suitable container with a lid to transport food home (an ice cream tub, biscuit tin or Tupperware box is ideal – with their name on it).
- Occasionally an ovenproof container.

Your son/daughter will be informed of ingredients needed for practical lessons in advance. If your child is absent when the ingredients list is given out, it is his/her responsibility to find out what is needed for the following practical lesson. If for any reason your child is unable to take part in a practical lesson a **NOTE** is required from home with the relevant explanation. Failure to do this will result in a departmental detention.

**If there are any problems with the provision of ingredients for practical lessons please contact the Food and Nutrition Department as soon as possible. If you are having problems purchasing ingredients due to financial reasons (or any other circumstances) please let us know.**

It is your son/daughter's responsibility to collect food at the end of the school day. As we have very limited refrigeration space – food not collected within two days will have to be disposed of. Please label any containers and bags.

Any particular dietary requirements can be discussed with your child's class teacher. Permission is needed for pupils to take part in tasting activities throughout their school life.

Recipe booklets of all recipes covered for the year will be handed out at the beginning of the year. Please read through the general guidelines given. Pupils can adapt these recipes to suit their own needs. Booklets should be kept at home for safe keeping.. Students do not need to bring them into lessons.

If homework project leaflets or recipe books are missing you could use our foodblog/website on [www.foodrvhs.co.uk](http://www.foodrvhs.co.uk) where copies can be found.

If you have any queries please do not hesitate to contact us.

Please acknowledge receipt of this letter by completing the tear-off slip and returning it to Reception, together with the voluntary contribution and permission for tasting activities.

Thank you.

Yours faithfully



Mrs P Goosen  
Head of Food & Nutrition



Miss J Cordwell  
Assistant Headteacher

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Permission for tasting activities: .....

I enclose a voluntary contribution of: .....

Name of pupil: .....

Tutor Group: ..... Food and Technology Group .....

Parent/Guardian signature: ..... Date: .....