

Our Ref: 105/16

9<sup>th</sup> September 2016

Dear Parent/Carer

**Key Stage 3 Food & Nutrition**

As part of the Design Technology rotation at Key Stage 3, your child will be taking part in Food & Nutrition lessons.

In Food & Nutrition the aim is to foster a lifelong enthusiasm for cooking and eating good food, along with gaining skills and knowledge about nutrition and the scientific properties of food. This will be achieved through a combination of practical work and theoretical homework activities.

Pupils take part in lessons on a fortnightly basis. For all practical lessons pupils will be required to bring a clean apron and a container in which to carry their food home safely. They will also need to bring in ingredients in which to cook. They will bring a recipe list home a week in advance.

The recipes chosen have been carefully selected with a view to providing good nutritional practice and to help develop and build on skills. The pupils will have the opportunity to adapt recipes to allow for their own tastes, religious reasons and dietary requirements. For those with allergies recipes can accommodate the use of gluten free flour, soya milk, egg and also be free from nuts.

If you ever have any problems providing ingredients please let me know and I will help in any way I can.

Yours faithfully

Mrs Rebecca Moore  
Head of Food & Nutrition