



September 2023

## Food and Nutrition

Dear Parents /Carers,

We are writing to you about the Food and Nutrition course that your child will undertake in Year 8.

Food and Nutrition is a practical subject where children get to explore a range of food commodities and learn a variety of preparation and cooking skills to be able to make a range of mostly savoury dishes.

The students will be making the following dishes which they will be able to bring home:

- Savoury bread rolls
- Turkey Stir fry
- Tuna Pasta bake
- Shortcrust pastry – vegetable pasties
- Vegetarian potato curry
- Madeleines
- Savoury Mexican Rice
- Gourmet pizza (assessment)

We will provide **all** the ingredients and cooking provisions that the students need to make their dishes. We will provide containers for the pasta bake and the vegetarian curry. However, students will need to bring in a Tupperware style container to take the dish home.

We kindly request for parents to pay £16 to cover the cost of the practical lessons. This can be paid as a one off payment via our online system 'ParentPay' which can be found on the school website.

If you do not have a ParentPay account please email [parentpay@seafordhead.org](mailto:parentpay@seafordhead.org) stating your child's name and tutor group.

Should you be unable to pay the one off payment, please provide your child with £2 each lesson to enable them to take part in the practical activity.

We would greatly appreciate the contribution being paid **by Friday 15<sup>th</sup> September**.

Thank you for your assistance.

Yours sincerely

Mrs Feneron  
**Head of Technology**

## Seaford Learning Trust

Mr R Ellis, Headteacher

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