



Dear Parents /Carers,

We are writing to you about the Food and Nutrition course that your child will undertake in Year 7.

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:

- Fresh Seasonal Fruit Salad
- Cheese and Chive Scones
- Couscous Salad
- Omelette with choice of filling
- Tomato Wholemeal Pasta Ragu
- Seasonal Fruit Crumble (Assessment)
- Breakfast Muffins
- Crudités and homemade dips
- Seasonal dish

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

We kindly request for parents/carers to pay £16.00 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 stating your child's name and tutor group.

Should you be unable to pay the one-off payment, please provide your child with £2.00 each lesson to enable them to take part in the practical activity.

We would greatly appreciate the contribution being paid **by Friday 13 September**.

Thank you for your assistance.

Yours sincerely,

Mrs V. Feneron

Head of Food and Nutrition

