



September 2024

GCSE Food and Nutrition

Dear Parents/ Carers,

Thank you for your support with providing ingredients for your child's Food and Nutrition lessons last year. We are delighted that your child will be studying Food and Nutrition over two years in Year 9 and 10.

Food and Nutrition teaches them valuable knowledge about healthier and more sustainable diets, and how to feed themselves and others, as well as important information regarding food safety and hygiene, and where food comes from.

This is a practical subject and an important element of the lessons is learning how to prepare and cook a range of dishes - these practical experiences are designed to impart valuable food skills which can be used and built-upon over time - now and in the future.

The policy for ingredient provision in Key Stage 4 is:

Students are asked to bring in most ingredients – students will be notified via Teams in advance of the ingredients needed, we have tried to ensure that these are healthy and affordable. Students may be asked to bring in containers for them to bring dishes home - you will be notified in advance. However, to try to reduce some costs to parents, we will provide some pantry items so that large quantities don't have to be purchased when only small amounts are being used. These include items such as oils, vinegars, dried and fresh herbs, spices, flour for rolling out, icing sugar for decorating, stock cubes, mustard and other condiments for sauces, all ingredients for practical investigations and some foil containers used for cooking specific dishes.

We kindly request a voluntary donation towards the ingredients and containers that we will provide. The amount for 9A students is £10.00. 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.

In Year 9, the students will be making the following dishes which they will be able to bring home:

- Stuffed Mediterranean Peppers
- Vegetarian Risotto
- Mexican Chicken Fajitas
- Lighter Carrot Cake
- Spaghetti Bolognese
- Thai Green Curry
- Rough Puff Pastry Sausage Rolls
- Shortcrust Pastry Mince Pies
- Deboning a whole chicken to make breaded chicken goujons, BBQ chicken and coleslaw
- Protein alternative meat free curry

Seaford Learning Trust

Mr R Ellis, Headteacher

Arundel Road, Seaford, East Sussex, BN25 4LX
01323 891623 / reception@seafordhead.org / www.seafordhead.org

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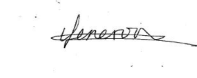


- Homemade pasta and tomato sauce
- Homemade spinach and ricotta ravioli
- Lasagne
- Assessment - high carbohydrate dish
- Pastry experiment – using different fats (ingredients provided)
- Roasted vegetable tart
- Teriyaki Salmon with stir-fried vegetables
- Pesto stuffed chicken wrapped in Parma Ham
- Assessment – two course meal for chosen dietary need
- Lemon Meringue Pie
- Chocolate profiteroles

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