



Parkstone Grammar School for Girls

Sopers Lane, Poole, BH17 7EP
Tel: 01202 605605
Email: enquiries@parkstone.poole.sch.uk
Website: www.parkstone.poole.sch.uk

Our ref: 0308/KEM/GJ

Headteacher (Acting) David Hallsworth BEd(Hons)
Deputy Head (Acting) Danielle Willis BA(Hons)PGCE

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Dear Parents/Carers

KS3 Food

Your daughter has just begun an 11 week course of KS3 Food where she will be carrying out theory and practical lessons on the subject of Food Preparation and Nutrition. She will be learning to prepare nutritious dishes and tasty treats from scratch and will look at the importance of a healthy, balanced diet as well as food safety and hygiene. Students have been given a recipe book with the recipes for all the dishes made during the rotation along with ideas for adapting the ingredients. They need to bring the recipe book to every lesson. A copy is also available on Its Learning which can be accessed at home. Ingredients will be set at least a week in advance of the lesson so that you can include the ingredients with your weekly shopping and most will make use of ingredients that are store cupboard basics. If students are absent it is important that they log in to Its Learning to find out what they are cooking to ensure they don't miss out on a practical.

We occasionally carry out taste testing in Food and it is important to know if there are any food allergies. For your reference I have attached the allergen list for all dishes made in the food rotation. The school will use the dietary and medical information provided by parents and held on the school's information system, however if there are any changes to your daughter's health information please advise the school.

If your daughter receives Pupil Premium support there is funding available for ingredients in Food, please contact the finance office for more information and we can ensure that ingredients are available for your daughter to use in lessons.

Yours sincerely

Miss K Mackonochie
Head of Technology

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