



Our ref: 0050/KEM/GB

September 2020



Dear Parents/Carers

## KS3 Food

Your child has just begun a 13-week course of KS3 Food as part of the Technology rotation programme where students will be carrying out theory and practical lessons on the subject of Food Preparation and Nutrition. Students 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 will be given a recipe book with the recipes for all the dishes made during the rotation along with ideas for adapting the ingredients, a copy has been attached for your reference. They need to bring the recipe book to every lesson. A copy is also available on Microsoft Teams 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 Microsoft Teams 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. It is a parent's responsibility to ensure that this is accurate and up to date. If you are unsure on what information is held, please do not hesitate to contact the school office.

When working in any food preparation environment it is important that the students protect their clothing from food. To this end we ask the students to bring an apron to the lesson which will be worn during practical lessons. The school is not able to provide storage for their aprons. This apron will also be required for their lessons when they undertake the graphics unit.

If your child receives Pupil Premium support there is funding available for ingredients in Food, please contact the pupil premium team via [pupilpremium@parkstone.poole.sch.uk](mailto:pupilpremium@parkstone.poole.sch.uk) for more information and we can ensure that ingredients are available for your child to use in lessons.

Yours sincerely

Miss K Mackonochie  
Head of Technology

*If you would like this information in large print, Braille, on audio tape or in your language, please contact the school office and we will be happy to help.*

