



Sir Thomas Boughey

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Dear Parent/Carer,

I am writing to inform you that your child will have 20 lessons in Food & Nutrition this year. During these lessons students will prepare, cook and taste a variety of different dishes as well as develop their understanding of healthy eating and the eatwell plate in order to build a healthy relationship with food.

Your child will be provided with a list of recipes they are cooking and this sheet will be stuck into their exercise book. It will also be available on the school website ([www.stb.coop](http://www.stb.coop)). Please check your child's planner regularly to see when they will be cooking and when ingredients will be needed. **All ingredients must be provided from home and brought into school on the day with a suitable sized container to take the food home in.** Our recipes will be available on the school website.

Link to Food and Recipes: [www.stb.coop](http://www.stb.coop) / Curriculum / Food / Key Stage 3

There is a separate link for a number of tried and tested recipes and links to useful websites.

The students who make the most progress in school are those who get involved at home. It is beneficial for your child to visit the supermarket, learn about different ingredients and help to prepare meals; from peeling and chopping to being given independent tasks in the kitchen.

Please do not hesitate to contact me at school if you have any questions about the course or if there is an issue with sourcing certain ingredients. Recipes can be adapted to suit dietary needs and I will discuss this with the students prior to their practical lessons. I look forward to seeing you at Parents Evening later in the year.

Yours sincerely

Mrs N. D'Avola  
Head of Food & Catering

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