



Dear Parent/Carer,

As part of the school curriculum, all pupils study food and nutrition in Years 7, 8 and 9. This 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.

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.

We are aware of concerns around the cost of ingredients and the impact that this can have on families. In response to this we have selected dishes which are affordable, whilst teaching your child the skills they will require to be successful independent cooks in the future. We have changed the structure of our recipes so children are only making single portions. This is to cut down on costs and food wastage while still providing a valuable opportunity for your child to learn to cook in a practical way.

We propose to support families by providing all ingredients and containers to transport these dishes home for a nominal fee of £2 per practical lesson payable as a lump sum of £20 at the beginning of the term. You will have received a letter regarding this.

If you prefer, you are welcome to provide ingredients and containers for your child's lessons.

In the unlikely event of a practical lesson needing to be canceled we will aim to provide your child with the ingredients they would have used so they are able to make the dishes at home, please note this may not always be possible or practical and we will not be able to administer refunds in these cases.

In Year 8 your child will be making the following dishes on the dates specified, please note the dates differ per class, you will need to identify which group your child is in to identify the correct date of their practical lesson. [Link here](#) or QR code to the document here.



Here is a link to the year 8 cookbook, we have provided the instructions and recipes so if your child feels confident they may wish to recreate their dishes for the whole family, please note that the ingredients are for single portions which can be increased to suit your families needs. We have also suggested recipes for home learning which aim to build on the skills they have learned in school to enhance your child's learning.

Link to cookbook [Here](#) Qr code for Cook book.



If you have any further questions, please do not hesitate to contact the Food Technology department . Best wishes River Academy