

Our Ref: h/Waller/Ltrs/2017/SW/sl

Dear Parents/Guardians

Re: GCSE Food Preparation and Nutrition

As indicated in the GCSE Options booklet Food Preparation and Nutrition is a subject that involves both practical and theory work. Ingredients for practical work will be required for one lesson each week and the three hour mock practical controlled assessment at the end of year 10. As we have a mixed intake of both boarding and day students the arrangements for providing ingredients for practical work are as follows:-

Boarding pupils will have their ingredients provided and will be charged £90.00 per year by direct debit.

Day pupils will have the following options.

Either (a) To bring their own ingredients from home each week. A list of ingredients required will be provided a week in advance of the practical lesson and posted on 'show my homework'. These should be brought to the Food Studies Room before morning registration for safe and appropriate chilled storage if necessary until the lesson.

or (b) To pay for ingredients to be supplied at a cost of £90.00 per year. This represents very good value for money and can save a lot of time and energy.

All students will also need to equip themselves with the following items

- A 1.5 litre ovenproof dish - I recommend the pyrex 22x17cm -1.5 L dish which has a plastic lid available in most supermarkets or from Amazon (see overleaf). Please do bring anything much larger.
- A tin or plastic box
- A small plastic or hessian bag such as those sold in supermarket or a small cool bag.

Please complete the slip below and return to Mrs Waller by Friday, 9th September 2016. If you would like to discuss this further, or need any more information, please do not hesitate to contact me.

Yours sincerely
S Waller

Mrs S Waller - Food Teacher and Head of Design Technology.



FOOD TECHNOLOGY INGREDIENTS

Pupil Name**Form**

Ingredients will be brought from home.

I wish to pay for ingredients to be supplied at a cost of £90.00 per year and I enclose cash or a cheque (payable to Sexey's School). Please send in an envelope clearly labelled GCSE Food Payment.

I wish to pay for ingredients by direct debit (£90.00 per year) **Boarders only**.



Recommended Text books for GCSE Food and Nutrition.
Either of the following books are suitable – It is not necessary to have both.

AQA GCSE Food Preparation and Nutrition
Illuminate Publishing
ISBN 9781908682789

Anita Tull
Gary Littlewood

AQA GCSE Food Preparation and Nutrition
Hodder Education
ISBN 0781 4718 6364 6

- Alexis Rickus
Bev Saunder
Yvonne Mackey