

Dear Parents/Guardians

Food and Nutrition

In Year 7 all students will study Food and Nutrition as part of the creative carousel timetable. In the vast majority of schools pupils are expected to bring in the ingredients from home for these lessons. As a result of our mixed intake of boarding and day students at Sexey's we have special arrangements for supplying ingredients as outlined in the schools charging policy. Boarding pupils will have their ingredients provided and will be charged by direct debit. – The charge is **£30.00 per year**.

This money will be used to provide ingredients for approximately 16 practical lessons but also includes provision of paper bun cases, foil dishes, flan cases and plastic food bags as required during the year. We can provide ingredients for most pupils with allergies or special dietary needs (soya milk, gluten free pasta, Quorn etc.).

Day pupils have a choice. They have the option to bring their own ingredients from home. For those choosing this option ingredient lists will be on Show my homework and given out in lessons. Please note that it will not be possible to turn up without ingredients on the day and expect to be able to purchase them from school. Day parents may prefer to pay for ingredients to be supplied (at a cost of **£30.00** as shown above) as this represents very good value for money and can save a lot of time and energy. They will need to return their payment (cheque payable to Sexey's School or cash) during the **first week** of the Autumn term for this option.

All pupils must have a plastic box or cake/biscuit tin to carry their cooking away in and this includes boarding students going back to the boarding houses. This is an important piece of their equipment and will ensure that food is kept safe and hygienic as well as minimise the risk of food being spilt around the school. Please label carefully with name and year group.

Please complete the slip below and return in an envelope marked 'Year 7 Food and Nutrition'. Please do not hesitate to contact me if you have any queries.

Yours faithfully

S Waller

Mrs S Waller - Food and Nutrition Teacher

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FOOD TECHNOLOGY INGREDIENTS

Pupil Name Form

- Ingredients will be brought from home for each lesson.
- I wish to pay for ingredients to be supplied at a cost of **£30.00 per year** and enclose a cheque (payable to Sexey's School) /cash

Please indicate any food allergies

