

Spenser Avenue North Walsham Norfolk NR28 9HZ

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North
Walsham
High School

24th September 2018

Dear Parent/Guardian

Yr10 GCSE Food Preparation & Nutrition

Your child has selected GCSE Food Preparation & Nutrition as one of their options. They will spend this year studying the six main food commodities.

Each half term they will look at the nutrition, science, food provenance, cultural cuisines and technological developments for each food type. This is most of the theory they need for their final exam at the end of Yr11. I also aim to inspire students to follow a career in Hospitality, Tourism or Food Research and continue in their studies in further education or apprenticeships.

Last year I experienced a significant number of students either forgetting their apron or ingredients every lesson which frustrated everyone involved. This meant that a lot of students missed out on learning how to cook for themselves and their family. To resolve this issue the following has changed;

- 1. Students will be provided with burgundy school aprons each lesson.**
- 2. Every half term parents will make a single payment on Wisepay to cover the cost of all ingredients for all recipes.**

We will be bulk purchasing ingredients at school therefore lowering the cost to parents. For students with food allergies and intolerances the appropriate alternatives will be provided. All the students need to do is arrive to lessons ready to cook. Demonstration videos, powerpoints and recipes will be available on Frog for students to become familiar and practice the required techniques before the practical lesson and I encourage you to support your child to improve their cooking skills and techniques at home.

Students in Yr10 will be making one dish every fortnight whilst studying the following topics;

- Autumn Term 1 - Fruit and Vegetables
- Autumn Term 2 - Milk, Cheese and Yogurt
- Spring Term 1 - Cereals
- Spring Term 2 - Meat, Fish, Poultry and Eggs
- Summer Term 1 - Butter, Oils and Sugars
- Summer Term 2 - Soya, Tofu, Beans, Nuts and Seeds

The total cost for Autumn Term 1 is **£15.00** which I'm sure you will agree is markedly lower to the amount you would normally need to pay for each separate item. To make the payment please log on to the school website to find Wisepay and click the General Products button. Select Year 10 - £15.00. Payments need to be made before **Friday 5th October**.

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I will contact you again each half term to inform you of the amount and deadline for the subsequent payments.

Thank you in anticipation of your swift cooperation. If however you have any queries please do not hesitate to contact me on the schools telephone number above.

Yours sincerely

Mrs Lisa Othon
Head of Design & Technology
Teacher of Food Preparation and Nutrition
Yr10 STEM Coordinator