

September 2023

Dear Parent / Guardian

Year 7/8 Cookery Lessons

As part of the Design Technology curriculum, your son will study one module of Cookery in the autumn, spring or summer term of Year 7 and Year 8. In addition to cooking a variety of healthy and exciting dishes, your son will develop other valuable life skills such as weighing and measuring, food hygiene, safety in the kitchen and basic nutrition.

A module normally runs over a 12-week period, with one 75-minute double lesson each week. Your son will prepare and cook food almost every week, with 3 preparatory / theory type lessons.

Your son should ensure that he brings a large Tupperware type food container (2-3 litres) with him each week in order that he can take food home. Your son will not be required to eat the food, but it would be much appreciated if his cooked food can be tasted and admired at home please, as we find this encourages those who are shy of trying new foods. He will not need an apron as this will be provided.

We appreciate that some of our students will be vegetarian, have allergies, or may choose not to eat certain types of food for cultural reasons. Your son will be asked to state any such requirements at the start of the module. In addition to this an email to me at czc@rgshw.com would be appreciated: please include your son's name, his form (if known) and his allergies / intolerances. There is no need to request Halal or vegetarian food for him since there will always be a suitable alternative for each lesson.

Your son will not be asked to bring any food into school as it will be provided for him when needed. To cover the cost of the food, we would ask that you provide a payment of **£14** via Parent Pay. (**Account: Cookery Year 7/8**). If you are unable to pay online, please contact the Finance Office promptly to pay by an alternative method.

We endeavour to purchase food that is fresh, healthy and responsibly sourced, while at the same time being good value for money, thus keeping parental contributions to a minimum. We wish all our students to enjoy the same opportunities. However, we understand that for some families this extra expense may present some difficulty. If this is the case, please feel free to contact me or our subject leader, Dave Marshall either by e-mail: dpm@rgshw.com, or by telephone: 01494 524955, ext. 234.

Yours sincerely,
Cathy Crownshaw,
Cookery (DT) Department