

Our Ref: PS041/22-23/KST/TMC

October 2022

Dear Parents / Guardians,

**RE: Year 9, Angmering School Food Technology Lessons**

Food Technology is one of the specialisms studied at Key Stage 3 and we are looking forward to working with you and the students, particularly given the importance of making good and healthy food choices throughout life. We develop the skills and knowledge needed through a combination of theory and practical work, our aim being to foster a life-long enthusiasm for good food.

This upcoming term your child will be taking Food Technology lessons and we will be cooking dishes around the theme Healthy eating. The dishes that we will be making are:

Chilli con carne  
Cheese & onion pasties  
Falafel and a salsa  
Thai Green curry  
Swiss Roll

Students will need to have the ingredients for those lessons. There are two ways to provide ingredients:

- 1) You can provide your own ingredients on the day of the cookery lesson. As our lessons are an hour long it will help greatly if students could weigh their ingredients at home. Students will be informed of when this lesson is on Classcharts. Recipes will be shared with students on Google classroom.

Or to make life easier

- 2) You can pay £14.00 on Parent Pay and we will provide the ingredients for those dishes above. This seems to be the most popular option with parents/carers as it saves them buying ingredients that they may not use again or students asking them for ingredients on the morning of the lesson!

The money received will be used to cover the cost of all ingredients plus any other associated costs required to ensure the practical lessons are successful. If you would like to choose option 2 please could we ask you to pay by **Monday 31st October 2022** so we can prepare ingredients for the first Food Technology lesson.

Also for those lessons please provide a **LARGE container** and a carrier bag for safe arrival home.

If you think you might need financial assistance in paying for the ingredients and you meet certain criteria, we might be able to help, please contact your Child's Food Technology teacher directly via school email or via phone.

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Thank you for your co-operation

**The Food Technology Department**