



Eden Girls

6th September 2022

RE: Year 7 and 8 Food and Nutrition

Dear Respected Parent/Guardian,

Assalaamu alaikum / Peace be with you,

Food and Nutrition is an important subject in our Year 7 and 8 curriculum. An essential part of our Food and Nutrition offer is practical cooking which takes place on alternate weeks. Pupils will start cooking from the week beginning **12th September**. The usual pattern throughout the year will be for a theory lesson, followed by a practical in the following week.

You will be asked to make a contribution **of £10 for the year**. This will cover all the ingredients that your daughter will be provided with for the year. The payments will need to be made by **ParentPay by the 30th September**. After this point, pupils will not be able to participate in cooking until the payment has been made. If your daughter is receiving Free School Meals (FSM), then please note we will subsidise the cost and if you require financial support please write in to your Head of Year to request the reason for support.

The advantages of this system are:

- Convenience for parents
- Convenience for pupils
- Pupils who forget ingredients do not miss out
- Less waste
- More cost efficient

In addition, for lessons when your daughter will be cooking, please ask her to bring in a **tea towel**. This will be more convenient and hygienic as there is sometimes insufficient time between lessons to wash and dry tea towels. Finally, for cooking weeks she will need to bring in a **labelled plastic container** to take home the delicious food she has made for you to sample!

If you have any questions, please do not hesitate to contact the school.

Yours Faithfully,

Aasima Asghar

Teacher of Food and Nutrition

