



10 September 2024

Dear Parents and Carers,

Re: Food and Nutrition Education

During Key Stage 3, your child will be learning about food commodities, food science, healthy eating and developing practical skills to make a variety of dishes.

The aims of the practical sessions are to develop your child's knowledge and understanding of the food topics taught and to enhance their food preparation and cooking skills. Students will be bringing home food products aimed at feeding a small family and I hope that you get to try the fabulous dishes I know they will create.

It is essential that we ensure that the food your child makes in food is both safe to eat and cost effective. To avoid parents having to make last minute dashes to a supermarket, students being unable to cook due to forgotten or missed ingredients, and as a way of reducing food costs and waste, all the ingredients needed for KS3 recipes will be bought in bulk by the school and charged to parents as a single payment.

In each year your child will have one term's cooking lessons. The cost of a term's cooking has been calculated by combining the total expenses of ingredients needed for practical sessions. This amounts to £25. This will show up as a payment to be made through Parent Pay. If your child is in receipt of pupil premium the cost of ingredients will be funded by the school.

Students will be required to bring in a suitable container to take their food home in when practical sessions have been timetabled. If your child does not bring in a suitable container on the day they cook the school will provide a disposable container but at a cost to the parent/carer.

Can I also request that parents/carers provide details of any specific dietary requirements that their child has such as intolerances, religious or cultural needs, vegetarian, vegan, coeliac and lactose free. We need this information so that recipes can be adapted and so that practical lessons can safely take place. If relevant please complete the form overleaf and return to school.

I appreciate your cooperation with the above and look forward to teaching your child this year.

Yours faithfully,

Mrs J Fox
Teacher of Food Preparation and Nutrition
jfox@kingstoneacademy.co.uk

Notification of Allergies/Specific Dietary Requirements

Child's name: _____ Form _____ Date of Birth: ___/___/___

Please outline all known allergies, the severity of the reaction and whether the allergy is triggered by ingestion, contact or inhalation.

Does your child require any medication for their allergies?

Please outline all prescribed medication, the dosage required and how often it should be administered, special precautions, storage requirements and any known side effects.

Does your child have any other special dietary requirement?

Please outline any requirements needed such as vegetarian, vegan or religion and cultural

I agree that the medical information contained in this form may be shared with individuals involved with the care and education of my child.

I understand that I must immediately notify the school, in writing, if there are any changes to the information provided on this form.

Form Completed By: _____

Relation to Child: _____

Date Completed: ___/___/___