



KS3: Cooking and nutrition

To ensure that you are equipped please go through the list below so that all food lessons can run smoothly.

1. Please weigh and measure ingredients at home, parental supervision may be required to support you in this activity.
2. If you have no scales at home, it is best that you come after school the day before you have to cook as this will give you enough time to weigh your ingredients accurately (3:30pm – 4:00pm). Please bring extra sandwich/freezer bags so that you can put what you have weighed out in those bags.
3. You can purchase your own set of kitchen scales from your local supermarket or places like Argos, cost of scales starts from £4.00 onwards.
4. If there are concerns about bringing in ingredients, please bring a letter from home at **least 2 days** before or get your parent/guardian to ring the school and leave a message.
5. All ingredients must be packed carefully so that it is easy to bring and store in school. See photograph.
 - a. Ingredients must be bought in an airtight container.
 - b. Label the container with your full name and food group (for example, food group 7.2).
 - c. Each ingredient should be packed in a sandwich bag, cling film or foil depending on what it is.
 - d. Any fragile ingredients like eggs must be wrapped in tissue with Sello-tape.
 - e. Any wet ingredients must be put in a small drinks bottle or a jar with a tightly sealed lid.



6. An important aspect of food safety is temperature control and therefore it will be necessary for you to place your high-risk ingredients (meat, fish and dairy) in the fridges in the food room before the start of the school day (8:30 – 8:55am). *High risk ingredients not placed in the fridge will not be used.*
7. Low risk ingredients (flour, sugar, dried fruit, canned foods, fruit, vegetables and eggs) should also be stored in the food room until required but on the shelves provided.
8. In addition, you will be required to store some of your finished dishes in the fridge, or on the shelves in the food room, and collect them at the end of the school day.
9. Any dishes, spare ingredients and containers **not collected after two days will be disposed of.**
10. Pupils will be actively discouraged from eating during a practical lesson unless it is to taste their products using a suitable utensil.
11. Personal hygiene is also an important consideration and therefore pupils must not wear jewellery, watches or nail varnish, they must tie their hair back.
12. If your child is absent on the day of the lesson, it is their responsibility to come and speak to me as soon as they return, just in case they have missed important information about bringing in ingredients.
13. Pupils may be asked to give a small contribution to sensory tests, group activities or specialist/rare ingredients that we would not usually expect you to purchase.

Finally, food lessons at St Matthias will involve your **daughter/son** using and tasting a number of ingredients and I believe that it is essential for me to be aware of any allergies or intolerances she/he may have. Therefore, I would be grateful if you could complete the reply slip so that I can keep a record for future reference.

I appreciate your assistance with the above and look forward to teaching your daughter/son and hope to enthuse her/him about good food and healthier eating!

If you have any queries, please do not hesitate to call the school or email me at adhaliwal@st-matthias.com

Yours faithfully

Mrs A Dhaliwal
Food Teacher

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REPLY SLIP

Mrs Dhaliwal - Food, nutrition and cooking work

Daughter/son's name: _____ Food group: _____

Allergies or intolerances: _____

Parent/carer's signature: _____ Date _____