



WESTCLIFF HIGH SCHOOL FOR GIRLS

An Academy Grammar School
Headteacher: Dr Paul Hayman BSc



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Dear Parent/Carer

Ingredients for GCSE Food and Nutrition Practical Lessons

As part of the GCSE Food and Nutrition course your daughter will cook a wide range of dishes during her Food lessons to gain essential skills.

To ensure every student cooks during every planned practical lesson and to avoid the distress of forgotten ingredients I have decided to supply **most** ingredients and a suitable container for each planned activity at cost price to you.

By supplying the ingredients to you we can:

- Reduce the overall cost of ingredients to you by buying them in bulk
- Ensure students build up a repertoire of culinary skills by cooking every practical lesson
- Avoid the last minute "I'm cooking tomorrow" the night before a practical lesson
- Provide the ingredients at a consistent price, quantity and quality
- Avoid the need to bring in and often lose expensive food containers.

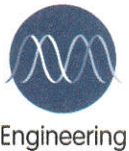
We would like to ask that you contribute each half term, and will send a letter informing you of the amount needed with good warning. The contribution required for the rest of the school year is £15 per student. Please see below which recipes this will cover.

We may request that you purchase ingredients occasionally for recipes that the students have designed themselves, or to add to recipes to encourage creativity and experimentation.

Dietary requirements

We will ensure offer alternatives for those with any dietary requirements and therefore would be grateful if you could email st-holly.facey@whsg.info let me know at your earliest convenience if your daughter has any specific allergies, intolerances, or special dietary requirements.

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Recipes to be covered this half term

Practical 1 – Spinach roulade/Swiss roll

Practical 2 – Savoury scones with chutney

Practical 3 – Cost based dish – pupil's own choice *

Practical 4 – Culture based dish – pupil's own choice *

Practical 5 – Preference testing based dish – pupil's own choice *

Practical 6 – British dish – pupil's own choice *

Practical 7 – High skilled dish – pupil's own choice *

Practical 8 – Tapas (chicken or squash)

Practical 9 – Fish cakes, falafel, meatballs or koftas

Practical 10 – Sponge cake

Practical 11 – Processing based dish – pupil's own choice *

** indicates a recipe where you will be asked to purchase all ingredients*

If you have any difficulties paying or would prefer to purchase your own ingredients then please contact Mrs Barnes (st-holly.facey@whsg.info). Please take time to consider this as you may be asked to purchase ingredients in time for a lesson the next day.

Yours sincerely



Mrs H Barnes
Food Technology