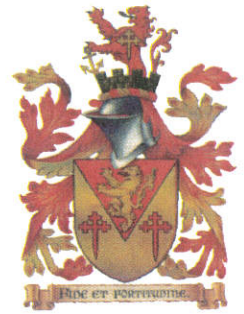


# WESTCLIFF HIGH SCHOOL FOR GIRLS

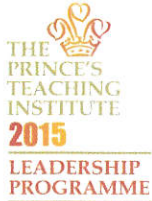
An Academy Grammar School  
Headteacher: Dr Paul Hayman BSc



Kenilworth Gardens, Westcliff-on-Sea, Essex, SS0 0BS

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Website: www.whsg.info

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email: generalenquiries@whsg.info



January 2018



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 £20 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 we offer alternatives for those with any dietary requirements and therefore would be grateful if you could email [st-holly.facey@whsg.info](mailto:st-holly.facey@whsg.info) at your earliest convenience to advise whether your daughter has any specific allergies, intolerances, or special dietary requirements.

Continued/...2

## SEAT



2/...continued

**Recipes to be covered this half term**

Practical 1 – Vegetable soup

Practical 2 – Dietary needs based practical – pupil's own choice \*

Practical 3 – Spinach & ricotta cannelloni

Practical 4 – Blancmange & egg custard tarts

Practical 5 – Jam tarts

Practical 6 – Health based dish – pupil's own choice \*

Practical 7 – Vitamins & minerals based dish – pupil's own choice \*

Practical 8 – Elderly needs based dish – pupil's own choice\*

Practical 9 – Spinach roulade/Swiss roll

Practical 10 – Savoury scones with chutney.

*\* 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](mailto: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**