



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 first half term (until 20th October) is £26 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.

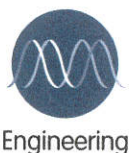
Dietary requirements

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

Recipes to be covered this half term

Practical 1 – Chow Mein *including a source of protein (chicken, Quorn or prawns)*

Practical 2 – Mixed Bean Chilli & Sweet Potato Wedges



SEAT



Practical 3 – Shepherd's Pie *including a source of protein (Quorn, minced turkey or minced beef)*

Practical 4 – Choux Pastry Puffs

Practical 5 – Vegetable Lasagne

Practical 6 – Thai Green Curry *including a source of protein (chicken, Quorn or prawns)*

Practical 7 – Presentation based dish – pupil's own choice *

Practical 8 – Fish Pie *alternative provided for vegetarians*

Practical 9 – Protein based dish – pupil's own choice *

Practical 10 – Bread

Practical 11 – Soup

Practical 12 – Dietary group based dish – pupil's own choice *

Practical 13 – Cannelloni *including a source of protein (Quorn, minced turkey or minced beef)*

Practical 14 – Blancmange & Egg Custard Tarts

Practical 15 – MasterChef Challenge

** 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 Holly Barnes
Food Subject Leader