

DESIGN & TECHNOLOGY / ART DEPARTMENT
KS4 FOOD PREPARATION AND NUTRITION YEAR 10

Dear Parent/Guardian,

As part of the GCSE Food Preparation and Nutrition Curriculum your child will be undertaking a range of practicals in order to master and demonstrate the skills required by the examination board.

At CFS we use a very successful system in year 10, whereby parents/carers pay for ingredients and materials supplied by the school for food lessons at the start of the academic year. For this one-off payment at the start of the year the school will provide all ingredients and related consumables*. This will mean:

- Students will not need to spend time/effort purchasing ingredients or transporting them
- Students can take responsibility for planning some of their dishes and providing a list of ingredients to the Food Technician, thereby practicing a key skill used throughout the catering industry
- Economies of scale mean that ingredients can be stored at school more efficiently and costs are greatly minimised for all.

GCSE students cook regularly (approximately every week/fortnight) throughout the year, producing some very sophisticated dishes, some with multiple courses. Based on experience we believe it is reasonable to request **£80** to cover this extensive programme of practical work. (*This would not cover any special, very expensive ingredients a pupil might opt to use such as saffron, lobster, expensive cut of beef, etc.)

We estimate that under this scheme each dish made will cost under £2.50. This is arguably cheaper than purchasing individual ingredients, particularly where more expensive foods such as meat, berries, cheeses, garnishes etc are involved. We continue to endeavour to maintain contributions at the lowest possible rate whilst ensuring that practical work covers all the skills necessary to meet the exam brief.

We would therefore be grateful if you could pay a one-off amount of **£80.00** by **30 September 2026**. Please pay using your ParentPay account. If this payment is likely to cause difficulty, please contact our Finance Office (finance@chichesterfreeschool.org.uk). If, after this date, you have not contributed, then your child will be expected to bring in their own ingredients for each practical lesson and they will not be provided by the school.

We request that students bring in their own aprons for food practicals and that these are taken home and washed before the next practical. If this is likely to cause difficulty please contact your child's food teacher, as in exceptional circumstances an apron may be borrowed from the school. We would also like to remind students that hair that is long enough to tie back must be tied up during food practicals, and students must bring in their own hair tie. Make up, particularly false/gel nails are not permitted in the food rooms, or indeed the wider school. Students with loose hair and/or false/gel nails will not be permitted to take part in food practical lessons.

Please ensure that any food allergies, intolerances, or dietary requirements are brought to the attention of your child's Food Technology teacher, even if this information has already been provided to the school. This will help us ensure this information remains up to date and can be taken into account during practical lessons.

We hope that the products arrive home and you have the opportunity to sample some of the amazing dishes your child makes.

Yours faithfully,

Mrs A Russell
Subject Lead Food Technology
DT Faculty Lead