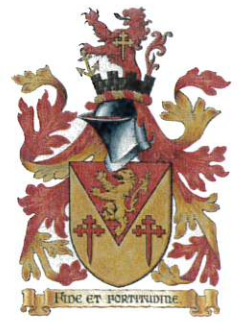




WESTCLIFF HIGH SCHOOL FOR GIRLS

An Academy Grammar School
Headteacher: Mr Andrew Cooper MA



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



setsa
south essex
training & support
alliance

Telephone: 01702 476026

Website: www.whsg.info

email: generalenquiries@whsg.info



September 2021



To the Parents of Year 7

Dear Parent / Carer

Year 7 Food Preparation and Nutrition Practical Lessons



As part of the KS3 National Curriculum your child will complete two years of food studies, which will include theory and practical sessions. To ensure every student can participate fully and successfully in each practical lesson, and to avoid losing valuable lesson time, we require all ingredients to be brought in pre-weighed. We would therefore suggest that, if you do not have any already, that you purchase a set of kitchen scales.



Due to the space available students are only permitted to refrigerate items such as meat and dairy: fruit, vegetables, dried goods and eggs can be dropped off to crates outside of the Food room in the morning or carried with them.

Refrigerated items will need to be labelled with the students name and preferably loose (we find a permanent marker on cling film works fine) or in as small a container as possible.



Southend-on-Sea

We have also listed below our suggestions for two containers that will be most useful over the next 2 years of study. We strongly recommend that students have these types of containers to make clearing up and safely transporting their products home simple. Please ensure that all containers are clearly labelled with the student's name. To help maximise time in lesson, we also ask that wherever possible, your child brings in their own apron to wear each practical lesson.

A 680ml - 1L plastic tub with clip on lid, for most wet dishes, e.g. tabbouleh:



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A 5L plastic tub with a lid for larger items e.g. muffins:



Yours sincerely

L Prescott

Mrs Laura Prescott
Food Preparation and Nutrition Teacher