



4th December 2025

Dear Parent/Carer,

Re: Students Bringing Ingredients for Food and Cooking Lessons

We are writing to inform you about an exciting update to our food and cooking lessons. Previously, parents were asked to pay a contribution for ingredients used in lessons. Moving forward, from January, students will now bring in the ingredients themselves in year 7, 8 and 9.

Why this change has been made:

- **Maximises lesson time:** Lessons can begin immediately without delays for measuring or distributing ingredients, allowing students to cook more dishes and practise their skills fully.
- **Keeps costs low:** Parents only provide the exact ingredients needed for the recipe, reducing overall costs and waste.
- **Develops practical life skills:** Students learn to plan, prepare, and bring the correct ingredients, building independence, organisation, and responsibility.
- **Supports group and individual work:** With everyone bringing ingredients, lessons run more smoothly and efficiently.

Shortly, we will be sharing an electronic recipe book which will outline all the dishes students will be making this year. It includes step-by-step instructions, learning objectives, and the ingredients required for each recipe. This will allow you to prepare what your child needs in advance and support their learning at home if you wish. We will also print a copy of the timetable for you to keep at home as well.

Students will learn to make a wide variety of healthy and nutritious recipes that they enjoy eating. Many dishes will provide opportunities for tasting in class, while others can be taken home to share with the family. The national curriculum highlights the importance of 'cooking and nutrition,' and as it states: "*Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.*"

We hope that you share our enthusiasm for this approach and the opportunities it provides to develop essential life skills in a practical, enjoyable way. If you have any questions about the ingredients or recipes, please do not hesitate to contact me. Thank you in advance for supporting your child with these lessons.

Kind Regards

Miss T Board

Assistant Principal

Head of Chesil Cove House