



# MAIDEN ERLEGH

## CHILTERN EDGE

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Dear Parent/Guardian

### Year 7 Food and Nutrition

As part of the school curriculum, all pupils study food and nutrition in Years 7, 8 and 9. This teaches them valuable knowledge about healthier and more sustainable diets, and how to feed themselves and others, as well as important information regarding food safety and hygiene, and where food comes from.

An important element of the lessons is learning how to prepare and cook a range of dishes - these practical experiences are designed to impart valuable food skills which can be used and built-upon over time - now and in the future.

We are aware of concerns around the cost of ingredients and the impact that this can have on families. In response to this we have selected dishes which are affordable, whilst teaching your child the skills they will require to be successful independent cooks in the future. We have changed the structure of our recipes so children are only making single portions. This is to cut down on costs and food wastage while still providing a valuable opportunity for your child to learn to cook in a practical way.

Please provide ingredients and containers for your child's lessons. Find links below for recipe sheets and dates for practical lessons. Please note that the school can provide some ingredients such as oil, salt and pepper where only small quantities are needed; this is indicated on the recipe sheets.

In Year 7 your child will be making the following dishes on the dates specified, please note the dates differ per class, you will need to identify which group your child is in to identify the correct date of their practical lesson. [Link here](#) or QR code to the document here.



Here is a link to the year 7 cookbook, we have provided the instructions and recipes so if your child feels confident they may wish to recreate their dishes for the whole family, please note that the ingredients are for single portions which can be increased to suit your family's needs. We have also suggested recipes for home learning which aim to build on the skills they have learned in school to enhance your child's learning.

Link to cookbook [Here](#) Qr code for Cook book.



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If you have any further questions, please do not hesitate to contact me.

*Mr Reskalla*

Mr Reskalla

Head of Art, Design and Technology



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