



LITTLEPORT AND EAST CAMBS ACADEMY

An Active Learning Trust School

Dear Parent / Carer

During Year 7, 8 and 9, your child will learn how to make a variety of different food products and develop a wide range of cooking skills that will equip them for life.

To allow this work to happen successfully, students have the option of bringing ingredients in from home or purchasing them from the school to complete the required practical tasks. Purchasing the ingredients from schools works out cheaper as we buy in bulk and only charge for what the student will use, and this means that they student can always successfully complete the requirements of the course.

Year 7 (7A1, 7A2, 7A3)		
Smoothie	Vegetable Dippers & Guacamole	Soup
Fruit Crumble	Flapjacks	Special Fried Rice
Pizza	Leavened Dough	Cinnamon Buns
Potato Whip	Potato Chowder	Hummus and Flatbread
Falafel	Fish Goujons or Veggie Burger	Vegetables and Cous Cous
Chilli Con Carne or Bean Chilli		

Year 8 (8A1, 8A2, 8A3, 8A4) Year 9 (9A1, 9A2, 9A3, 9A4)		
Welsh Rarebit	Frittata	Swiss Roll
Fresh Pasta	Carbonara	Shortcrust Pastry
Red Onion and Cheese Tart	Fruit Lattice Tart	Coleslaw and Mayonnaise
Rough Puff Pastry	Tomato and Pesto Tart	Coconut Rice Pudding
Cheesy Pasta Gratin	Soda Bread and Homemade Butter	Cheesecake
Carrot Cake	Summer Pudding	Honeycomb

If you would like the Food & Catering Department to source the ingredients for your child's practical lessons, please can you sign the slip below and make a voluntary contribution of £25 which covers all of the practicals above and any containers your child needs to cook the product (foil containers etc)

The contribution can be paid in a lump sum using Parent Pay. If you do not wish to contribute then your child must organise their own ingredients and bring them in for each practical task. Please can you update any allergy information or special dietary requirements (religious diets, personal choice diets such as vegetarian or vegan) on the reply slip below.

For health and safety reasons students will not be allowed to cook during practical lessons until the requested information has been returned.

Yours sincerely

Anna Cameron (Food and Catering Department)

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Name of child..... Form

Food Allergies

Special Dietary Requirements

I would like to make a voluntary contribution of £25 towards the cost of the ingredients needed during the practical lessons.	
I would not like to make a voluntary contribution and I understand that my child must organise their own ingredients and bring them in for each practical lesson.	

Parent / Carer Signature