

3rd November 2021

Dear parent/carer

Re: Food Technology lessons

During food and nutrition lessons at Bournville School your child will be learning about healthy eating, cooking and where food comes from. Students will be expected to bring in their own ingredients and will be given a list for each practical lesson the week before they are due to cook in school.

An important aspect of food safety is temperature control and therefore it will be necessary that high risk ingredients (such as meat, fish and dairy products plus opened bottles, jars or tubes) are placed in the fridge in the food room before the start of the school day. High risk ingredients not placed in the fridge will not be used. Low risk ingredients (such as flour, sugar, dried fruit, canned food, fresh fruit, fresh vegetables and eggs) should also be stored in the food room until needed. We also ask that raw meats such as chicken is properly defrosted and are not washed at school. Any finished dishes will be stored in the fridge, or in the food room, and should be collected by the end of the school day. Any dishes, spare ingredients or containers not collected after two days will be recycled or disposed. Students must bring a suitable leak proof container to take their food home in.

Personal hygiene is also an important consideration and therefore your child must not wear jewellery, watches, false nails or nail varnish, they must tie their hair back and must wear a clean apron. In addition, your child will be actively discouraged from eating during a practical lesson unless it is to taste dishes made.

Due to Covid-19 restrictions we have unfortunately had to reduce the number of practical lessons this year. We also ask that students adhere to the rules in the food room or they will not be allowed to cook.

Finally, food lessons will involve your child using and tasting a number of ingredients. It is essential for me to be aware of any allergies or intolerances they may have. Therefore, I would be grateful if you could email me if your child has any allergies/intolerances or religious/cultural reasons for not eating or handling certain foods, or if you have any issues providing ingredients.

I appreciate your assistance with the above and look forward to teaching your child and hope to enthuse them about good food and healthier eating.

Yours faithfully



Mrs K Rose
Food Teacher

Ingredient check slip

My child: _____

Date: _____

Does not have food allergies/ intolerances or religious/cultural reasons for not handling or eating certain food.

Or

Does have food allergies/ intolerances or religious/cultural reasons for not handling or eating certain food.

My child should not handle or eat these food(s): Complete this column ONLY in the case of severe allergy. My child has a severe allergy and the following food(s) must not be used.

I agree to my child wearing a plaster or plastic gloves to enable them to take part in food lessons if they have a cut or skin condition on their hands on the day of the food lesson.

Parent/carer name (PRINTED): _____

Parent/carer signature: _____