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Headteacher Mrs Rachel Kelly BA (Hons)

September 2026

Dear Parents and Carers

Re: GCSE Food Preparation & Nutrition

I am very pleased that your child has opted for GCSE Food Preparation and Nutrition and I look forward to working together over the next two years. As explained to those of you that attended the Option Evening, the course is made up of a high proportion of practical work, supported by theory and testing to build on student knowledge. Students failing to meet deadlines during controlled assessments, risk achieving lower grades all tasks set are designed to support, enhance and raise attainment levels.

Protective Clothing
All students are expected to wear shoes, in line with our school uniform policy, which completely cover the top of the foot to protect themselves in the event of any accident.

Ingredients
The course is planned so that students will need ingredients for practical sessions on a weekly basis. This will allow students to build up new skills and gain self-confidence. Recipe information will be issued a week in advance and added to EduLink. If a student is absent, we would ask them to look on EduLink to check which ingredients are required as it is vital all students participate in practical lessons. Following on from the success of the contribution system last year, I aim to collect a voluntary contribution for basic ingredients to cover such items as flour, sugar, fats and eggs. However, due to the high proportion of practical work, and that most students will be cooking something different each week, it would be almost impossible to provide all ingredients. Therefore, students will be responsible for checking their recipe with me a week in advance and organising the ingredients. A contribution of £25 will allow us to provide basic ingredients for both years 10 and 11 and this payment should be made via ParentPay by Friday 18 September.

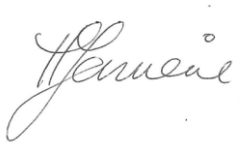
Recipe Book/Textbook
The course is supported by EDUQAS GCSE Food Preparation & Nutrition, published by Illuminate ISBN 978-1-908682857 (a very comprehensive textbook) and WJEC EDUQAS GCSE Food Preparation & Nutrition, published by Hodder Education ISBN 978-1-47186750-7 and CGP, GCSE Food Preparation & Nutrition – For WJEC EDUQAS (grade 9-1), The Revision Guide. If possible, I suggest that students have their own copy of the above CGP revision guide. They would not have to bring these into school as we have a class set available, however, I believe they will prove to be extremely helpful for completing homework, research, planning controlled assessments and revision.

Homework
This will be set weekly, and it will be a requirement for all students to complete in order to achieve their potential grades.

Allergies/Intolerances
A growing number of students have allergies, intolerances or additional dietary requirements. Please ensure that you have updated the EduLink student information for your child.

I look forward to working with your child and if there are any enquiries regarding the course, please do not hesitate to contact me via email at hiannone@stourvalley.org

Yours faithfully



Mrs H Iannone
Subject Leader of GCSE Food Preparation and Nutrition