

Our Ref: DRO/AFO/JWI/PS31/26-27

9th September 2026

Dear Parents/Guardians,

RE: Year 7, Angmering School Food Technology Lessons

Food Technology is one of the specialisms studied at Key Stage 3 and we are looking forward to working with you and the students, particularly given the importance of making good and healthy food choices throughout life. We develop the skills and knowledge needed through a combination of theory and practical work, our aim being to foster a life-long enthusiasm for good food.

This upcoming term your child will be taking Food Technology lessons and we will be cooking dishes around the theme 'Healthy Eating'. The dishes that we will be making are:

Fruit Salad, French Bread Pizza, Fruity Flapjacks, Cous Cous Salad, Apple Crumble, Puff Pastry Christmas Candy Canes.

This requires the need to have ingredients for those lessons. To help you with this, you have two ways to provide ingredients.

You can pay £11.50 on Parent Pay and we will provide the ingredients for those dishes

above. ***Or Alternatively***

You can provide your own ingredients on the day of the cooking lesson. As our lessons are an hour long it will help greatly if students could weigh their ingredients at home. Students will be informed of when this lesson is on class charts. Recipes will be shared with students on Google Classroom.

The money received will be used to cover the cost of all ingredients plus any other associated costs required to ensure the practical lessons are successful. If you would like to choose option 1 please could we ask you to pay on ParentPay by Friday 18th September.

Also for those lessons please provide a **LARGE container** and a carrier bag for safe arrival home.

If you think you might need financial assistance in paying the £11.50 and you meet certain criteria, please contact your Child's Food Technology teacher directly via school email or via phone.

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Ambition
Respect
Courage

Thank you for your cooperation

The Food Technology Department