

Our Ref: DRO/AFO/JWI//PS33/26-27

9th September 2026

Dear Parents / Guardians,

RE: Year 9, 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 Food Commodities and Nutrition. The dishes that we will be making are:

Pasta Arrabiata, Vegetable Samosas, Lasagne, Pizza, Dutch Apple Cake, Cheese Straws, Quiche, Classic Fish and Chips.

Students will need to have the ingredients for those lessons. There are two ways to provide ingredients:

- 1) You can provide your own ingredients on the day of the cookery 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 Classcharts. Recipes will be shared with students on Google classroom.

Or to make life easier

- 2) You can pay £25.00 on Parent Pay and we will provide the ingredients for those dishes above. This seems to be the most popular option with parents/carers as it saves them buying ingredients that they may not use again or students asking them for ingredients on the morning of the lesson!

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 2 please could we ask you to pay this on Parent Pay by Friday 18th September.

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

There will also be an end of term show-piece, of their choosing, as the student's final dish.

In order to create their final dish we will require **students** to provide their own ingredients for this one dish.

If you think you might need financial assistance in paying the £25.00 and you meet certain criteria, we might be able to help, please contact your Child's Food Technology teacher directly via school email or via phone.

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Thank you for your co-operation

The Food Technology Department