

September 2024

Dear Parent/ Carer

An information letter- GCSE Food Preparation and Nutrition at KS4.

The Food Department at Hungerhill is a vibrant and exciting place to learn. We are committed to delivering a curriculum accessible to all students, which nurtures and develops a love of the subject. In Food lessons we cover a wide variety of topics such as food safety and hygiene, nutrition, food science, food provenance, international cuisine and environmental impact and sustainability. Students carry out both theory and practical lessons. Theoretical lessons are interactive and include food science investigations, demonstrations, nutritional analysis using the computers and sensory tasting experiences. Practical lessons are designed to build upon skills throughout the years.

Food practical lessons:

The following information is related to food practical lessons to help parents/carers understand the systems used to the department to deliver the most exciting part of the subject- practical lessons! We have taken suggestions into consideration from a parent panel when planning recipes.

Students are required to provide their own ingredients for each practical lesson. To find out if your child is cooking the following week, please check your child's Class Charts. The recipe will be on there a week before their practical is due and your child will have been informed in lesson the previous week. Each groups practical's may be different to other groups due to the school calendar, therefore please only check your own child's Class Charts.

If you have a problem providing ingredients, please ask your child to speak to their food teacher a few days prior to the lesson so that a solution may be found. In addition, please either put a note in your child's planner or email (addresses on the next page) their teacher.

As our lessons are only 60 minutes long, students will be asked to weigh their ingredients out at home and occasionally pre prepare other ingredients e.g., chop an onion.

Students will be required to bring a large container for carrying ingredients to school and products home to you.

Please make sure the school is aware of any food allergies, intolerances or any special dietary requirements your child or family may have.

We hope you enjoy the products your child has created and please don't hesitate to contact us with any queries as we are conscious that not everyone follows the same diet.

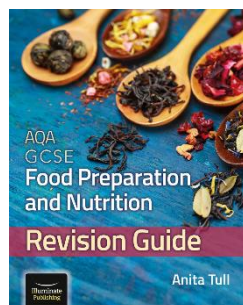
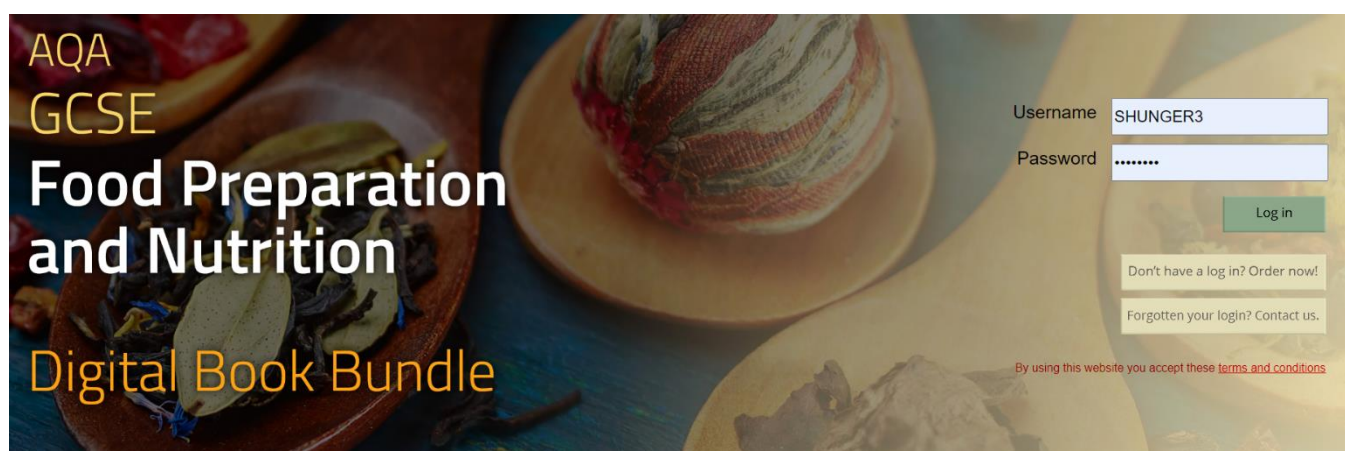
Other information:

All students will have access to the online digital book, this covers all of the course material from Year 9 to Year 11. The log in for this is:

Website: <https://illuminate.digital/aqafood/>

Username: SHUNGER3

Password: STUDENT3



A recommended text I would advise purchasing is the AQA GCSE Food Preparation and Nutrition Revision Guide. This resource will be used from Year 9 to Year 11. It is priced at approximately £13.50 and can be purchased within school or from Amazon.

Students will also be given individual access to 'The Nutrition Programme by Jenny Ridgwell' which is an online programme we use to analyse the nutritional content of food, estimate costs of ingredients and products and create food labels.

A useful way to support your son/daughter on this course is to get them to shop with you and see the variety of foods available, help prepare meals with you and to watch some of the many food programmes on TV to especially see the presentation of the dishes.



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The GCSE course is 50% coursework and 50% final written exam. The coursework (Non-Exam Assessment) is broken down into two components including The Food Science Investigation (15% of the final GCSE grade) and Food Preparation Task (35% of the final GCSE grade). Both components will be completed in Year 11 as this is when the exam board releases the material. During Years 9 & 10 we will be building up to these requirements and carrying out Mock Non-Exam Assessments.

I look forward to the year ahead and please do not hesitate to get in touch with me if you have any concerns or wish to know more.

Yours sincerely

K M Stones

Mrs K Stones

Curriculum Leader of Food Technology

Please contact your child's Food Teacher with any queries:

- *stones.k@hungerhillschool.com*
- *smith.r@hungerhillschool.com*

Food storage and reheating instructions:

- *Please refrigerate and eat your product within two days.*
- *Reheating instructions where required: Reheat food until piping hot throughout. If you're using a microwave, be aware they do not heat evenly throughout, so take your food out halfway through the cooking time and give it a stir if necessary.*
- *Do not reheat food more than once.*
- *Foods should be heated until they reach and maintain a core temperature of 75°C or above for 2 minutes.*





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