



08 September 2025

Dear Parent/Carer,

Re: Practical Lessons in Food Preparation and Nutrition

I am writing to you to explain the arrangements for pupils during their Food Preparation & Nutrition lessons at Soham Village College.

Pupils from year 7 through to year 11 are assessed on their ability to prepare and cook a range of foods safely and hygienically. Lessons are a mixture of practical and theory work and pupils learn to prepare a range of ingredients correctly and safely.

Practical Lessons:

Pupils will be advised what ingredients they will need to bring with them at the start of the term and reminded during demonstration lessons, so there will be sufficient time for purchasing ingredients. Where individual students have genuine difficulty in obtaining ingredients for practical or financial reasons, they should raise this issue prior to the lesson, the school will always be willing to give the necessary help. You will however appreciate that help of this nature cannot be given at the last moment, and I am asking you to make sure that I am informed by email or telephone of any difficulties upon receipt of this letter or as soon as possible should circumstances change.

If the school receives additional Pupil Premium funding for your child and you **would** like us to provide ingredients for them, please complete this short online form by Friday 4th October:

[Click here if we receive Pupil Premium funding for your child](#)

Practical Homework tasks:

Some practical tasks may be set as a homework task, and students will be expected to complete the practical task and upload a photo onto google classroom by a specific deadline. If this is inconvenient in your home environment please contact me to discuss an alternative provision to ensure your child can still access the Food Preparation and Nutrition curriculum.

Contribution for resources:

During the Food module, the department will supply students with basic resources to ensure their practical lessons run smoothly; for example-

- cleaning supplies (hand soap, paper towels, washing up liquid)
- flour for dusting tables
- oil to grease cake tins and baking parchment to prevent products getting stuck to the tray
- energy costs for the cookers.

To help cover the cost for these provisions, we ask families to make a voluntary contribution via ParentPay. An optional payment request will show on your account for years 7-10 and we would appreciate it if contributions can be made by Friday 4th October. Please note, if your child is taking GCSE food and nutrition, the payment made in year 10 will cover provisions in years 10 and 11. Year 11 do not need to contribute.



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www.sohamvc.org

Other schools in our Trust:
Kennett Primary School
The Shade Primary School
The Weatheralls Primary School

Health, Safety and Hygiene:

During the Food module, we study the importance of food hygiene and safety when preparing foods in a professional kitchen. Pupils are expected to work in a safe and hygienic manner during their practical lessons, to ensure a safe environment to showcase practical skill and prepare foods safely. Therefore, we do ask that students adhere to the following guidelines when preparing themselves for their Food practical lessons:

- Long hair must be tied up and away from the face. Long hair can become trapped in equipment and cause serious injury, or fall into the food and contaminate it.
- No jewellery is worn (watches can be removed at the beginning of the lesson and then put back on as pupils leave). Jewellery can harbour bacteria which can enter the food and contaminate it.
- Nails are kept short, clean and natural. No false nails are allowed due to health and safety concerns. The wearing of false nails of a certain length can pose a risk when using equipment and can cause serious injury. Nails that are painted can make it difficult to identify the seriousness of an injury, and can also chip and contaminate the food.
- Pupils are not to bring nuts or nut-based products into the food rooms. This is to prevent contamination which can cause serious reactions for pupils with nut allergies.

Food Allergies and Intolerances:

During the Food module, pupils may be involved in taste testing foods. Students do not need to participate if they do not wish to. However, it is important staff know of any allergies or intolerances your child may have. Therefore, please can you complete the following online form, if your child **does** have any allergies or intolerances, by Friday 4th October: [Click here if your child has a food allergy](#)

If you have any queries regarding these arrangements please do not hesitate to contact the school.

Yours sincerely

Miss A M Warren

Head of Food Preparation and Nutrition