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Dear Parent/Carer

Our Food project for next half term will introduce students to a GCSE-style NEA (non-examined assessment) practical task. This will require students to research a food topic set by the exam board and then apply this research by selecting, planning and cooking a suitable dish based on the topic.

In the chart below is the list of dates for the lessons next term and the requirements for the lesson. **If you child is attending school on the day of a practical session, they should bring in their ingredients and one of their Food teachers will supervise them in the Food room to create their chosen dish.**

DATE of LESSON	LESSON
FRIDAY 26 FEB	THEORY: Intro to the requirements of a GCSE NEA task. Research topic: Vegetarian diets and alternative sources of Protein Planning task: A Vegetarian main course dish containing alternative sources of Protein and suitable for sale in a school canteen (students to select their own dish to fit the brief)
WEDNESDAY 3 MARCH	PRACTICAL: Vegetarian main course dish suitable for sale in a school canteen (students attending school should bring in their ingredients)
FRIDAY 12 MARCH	THEORY: Research Topic: The role of Micro Nutrients in the body and the relationship between Calcium & Vitamin D and Iron & Vitamin C. Planning task: A savoury dish suitable as a "Grab and Go" item in a school canteen which is high in either Calcium/Vitamin D or Iron/Vitamin C (students to select their own dish to fit the brief)
WEDNESDAY 17 MARCH	PRACTICAL: Savoury dish suitable as a "Grab and Go" item in a school canteen which is high in either Calcium/Vitamin D or Iron/Vitamin C (students attending school should bring in their ingredients)
FRIDAY 25 MARCH	THEORY: Research Topic: The role of the 3 types of Carbohydrates in the diet. Planning Task: A dessert suitable for sale in a school canteen, which is lower in sugar and higher in fibre than a standard recipe.
WEDNESDAY 31 MARCH	PRACTICAL: A dessert suitable for sale in a school canteen which is lower in sugar and higher in fibre than a standard recipe (students attending school should bring in their ingredients)

Hopefully having this information in advance of the lessons will help with organising ingredients for the practical sessions.

Wishing you a lovely half term break

Ms A Reid
Joint Head of Food & Nutrition & Child Development

Mrs F Skelton
Joint Head of Food & Nutrition

