



September 2026

Dear Parents/Guardians

Year 10 GCSE Food Preparation & Nutrition

We are delighted that your child has opted to study Food and Nutrition at KS4. We thought it would be useful to give you some important information regarding the course and our expectations for your child.

Assessment for this course is in 3 sections; an exam sat at the end of Year 11 worth 50%; NEA 1 which is a food science investigation worth 15%; and NEA 2 which is a practical cooking assessment worth 35%. Both NEAs are carried out during Year 11.

Throughout Year 10 we will be learning theory alongside essential practical cooking skills. It is our intention to have a practical lesson each week, and we will share a plan for each term at the beginning of the term so that everyone knows what we will be cooking and when. We cannot emphasise enough how advantageous it is to pupils to further practise cooking at home. Even just helping with preparation gets them working swiftly and in an organised way. It all helps in their practical assessment and leaves them more time to concentrate on the higher-level skills which will gain them higher marks. Perhaps they could start by making the family evening meal once a week?

You will be aware that you will be asked to provide ingredients towards their practical lessons. We are extremely grateful for the effort you go to to provide ingredients and to make it a little easier we would like to be able to provide them with some of the basic ingredients such as seasonings, oil, herbs etc. and items for 'non-edible' lessons (food styling, food science and the like) and consumables, such as cling film and baking paper, in school.

To make that possible we are asking for a voluntary contribution of £10 per child to help cover the costs of these items, as well as for some group practicals which we do during the year. We hope you find this easier and more economical than having to purchase these items yourself. The payment will be set up on ParentPay for your convenience.

We are mindful that some people may struggle to provide ingredients for practical lessons. I draw your attention to the following [link](#) where you are able to apply for financial assistance via the 11-16 Bursary Fund if required. We are very keen to have all children cooking and do not want this to be a barrier to taking part.

We are also providing each child with a chef's jacket to wear for practical lessons in school. We will provide this but will expect them to wash them and have them in school for their practical lessons. They will need to be returned to us at the end of the course.

Finally, there is a revision guide which accompanies the course which would be very useful for your child to have, linked [here](#). This is the cheapest I have been able to find it anywhere. We will use the books in class and for homework to reinforce the theory element, so this book will be in use throughout the school year and again next year for revision.

We would like to thank you for your support with this subject and hope you enjoy the dishes which are sent home!

Yours faithfully,

Angie Cadwallader
Head of Vocational Education