



Friday 26th September 2025

GCSE Food Preparation & Nutrition trip to London

Dear Parents and Carers,

We are excited to offer a fabulous Food trip again this Autumn on **Monday 24th November**.

As part of the Food GCSE course students have to study multicultural cuisine, and the reasons people choose to eat certain foods. 'Walk Eat Talk Eat' is a guided tour around part of East London that has had, and maintains, a varied and exciting cultural mix. We will spend time in Spitalfields Market as well as visiting the old Jewish quarter to try a salted beef bagel from one of London's oldest and still family run bagel bakeries, and learn about their fascinating story. We will have 4 further stops, with chocolate, Bangladeshi snacks, Sri Lankan street-food, and there is a surprise at the end of the day. Vegetarian, vegan and gluten free options are available with advance notice so please let me know if you require one of these options.

Along the way, we will have a guide telling us all about the history of the area and how various groups came to be there, and the influence their cuisines, culture and architecture have brought to the area. We will have some time in Spitalfields market, so students may wish to bring some money in case they want to try anything else!

As there is so much to see (and eat!), we will be **leaving school by coach at 8am and returning at about 6.30pm**, which does mean students will not be able to use the school buses that day.

Students will need to wear school uniform but should bear in mind that we will be outdoors for much of the day so should wear a coat and very sensible shoes for walking all day.

As this trip is not an essential part of the curriculum, there is a cost of £50 per person which covers the cost of transport, the guided tour and the food at each stop. Should insufficient contributions be made then the visit may not be able to proceed.

Farmor's School believes that all students should have equal opportunity to benefit from school activities independent of their parents' financial means. We endeavour to minimise the financial barriers that may prevent some students from taking advantage of these opportunities. Please visit school's website for information about how to apply for help with the costs. Here: [Free school meals and financial help | Farmor's School](#)

If you wish your son or daughter to go on the trip, **please sign up on parent pay by midday on 17th October**. There are 50 places available. Should more than 50 people sign up, we will draw names out of a hat.

All payments are non-refundable once your child has been allocated a place. If the trip is cancelled due to insufficient contributions, then your payment will be returned, less the transactional charges associated with the processing of payments.

Yours faithfully,

Angie Cadwallader

Head of Vocational Education