

## St Mark's C of E School

Stafford Road, Shirley, Southampton SO15 5TE

Tel: 023 8077 2968

Email: [info@st-marks-southampton.org.uk](mailto:info@st-marks-southampton.org.uk)

Executive Headteacher: Mrs Stephanie Bryant

Head of School Primary: Mrs Lorraine Hoad

Head of School Secondary: Mr Ben Godber



16<sup>th</sup> April 2026

Dear Parents / Carers,

This letter details the new procedure and ingredient list for the upcoming Food Preparation and Nutrition lessons for our Year 7 students. The rotation will begin on 20th April and will continue until the end of the year. During this time, students will be learning to prepare and cook a variety of dishes, which will help them develop both practical cooking skills and an understanding of health, safety, hygiene and nutrition.

Below is a list of the dishes your child will be preparing and the ingredients they will need for each lesson. Please ensure that your child has access to the following ingredients, measured and packed in suitable containers for each week. Additionally, for each lesson, students will need to bring a large container to take home their cooked dishes.

Your child will be cooking on **Week B**

---

Week beginning: 20/4/26

### **Dish: Fruit Salad**

Ingredients:

- 1 apple
- 1 kiwi
- 6-8 grapes (any colour)
- 4 strawberries

---

Week beginning: 4/5/26

### **Dish: Pasta Salad**

Ingredients:

- 100g pasta
- 1 carrot
- ¼ cucumber
- 4 cherry tomatoes
- Gem lettuce

---

Week beginning: 19/5/26

**Dish: Pizza Toast**

Ingredients:

- 2 slices of bread (white / brown / French stick / 1 ciabatta)
  - Tomato puree
  - 50g cheese (cheddar)
  - 2/3 toppings of your choice – however 1 has to be a vegetable (tomato / pepper / onion)
- 

Week beginning: 8/6/26

**Dish: Apple Crumble**

Ingredients:

- 1 apple
  - 75g butter
  - 75g plain flour
- 

Week beginning: 22/6/26

**Dish: Scones**

Ingredients:

- 200g self-raising flour
  - 50g butter
  - 100ml milk
  - 50g cheese
- 

Week beginning: 6/7/26

**Dish: Anzac Biscuits**

Ingredients:

- 150g plain flour
  - 175g porridge oats
  - 100g dessicated coconut (optional)
  - 100g soft light brown sugar
  - 150g unsalted butter
  - 125g golden syrup
- 

For ingredients that need to be kept refrigerated (e.g., meats, dairy), we ask that your child drop them off to the Food Room before morning tutor on the day of the lesson, so we can store them safely until they are needed.

If your child has any dietary restrictions or allergies that the school is unaware of, or if your family is experiencing difficulty in sourcing or financing the ingredients for these lessons, please do not hesitate to contact the school. We are here to offer support and can make arrangements to assist with the cost of ingredients where needed. Students will receive sanctions if they do not bring their ingredients in on the day they are cooking and there has been no contact from home.

We encourage all students to take part fully in the practical sessions, as they will not only gain essential cooking skills but also learn to appreciate the importance of healthy eating and food sustainability.

If you have any further questions or concerns, please do not hesitate to contact me.

Thank you for your support.

Yours sincerely,

Miss A. Sheehan  
Food Preparation and Nutrition Teacher