EATON BANK ACADEMY

Eaton Bank Academy, Jackson Road, Congleton, Cheshire, CW12 1NT.
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September 2026

Dear Parent/Carer

Re: Food & Nutrition Practical Lessons – Year 9

Please find below information regarding practical activities in Food lessons this year. Pupils have a lesson fortnightly with alternating theory and practical lessons. Students will be told dates a fortnight in advance, and a reminder will be put onto Bromcom.

We provide dairy free and gluten free alternatives and would be grateful if you can ensure that you have informed the school office of any dietary needs. Please do not bring in any ingredients containing nuts. We know that dietary needs can change over time, so please keep school informed to help with our ordering.

Bringing in own containers when required helps us hugely and is good for the environment. Clear names on boxes is also helpful. Pupils can drop off food and boxes into room 4/6 at the start of the day. Food to be taken home can be collected at the end of the day – we must throw away unclaimed food after 24 hours (but do keep boxes if forgotten).

We ask for a voluntary contribution towards the cost of ingredients of £5 for the year. Please see Parent Pay to donate if you are able to do so.

If you have any questions or concerns, please do not hesitate to contact your child's class teacher.

Thank you.

Mrs L Neil

l.neil@eatonbank.ht.school

Date: See Bromcom	Practical Dish/skills (inc. allergens)	Please bring… (in bold)	Storage/re-heating recommendations
	Mini Pizzas **(wheat, may contain soya)** Gluten free ingredients available	Base and sauce provided **Further ingredients as liked, vegetables, cold meat, small block of cheese**	Best eaten on day of making
	Sausage Rolls **(wheat, egg)**	Work in 2s. 1 person to bring **a pack of 6-8 sausages or vegetarian equivalent**. 1 person to bring a pack of **chilled puff pastry (ready rolled rather than a block)** **A plastic box**	Refrigerate and eaten within 24 hours
	Cheesy Bean Enchiladas **(Wheat may contain soya, dairy)**	All ingredients provided	Eaten in class
	Chicken Tikka Wraps **(Wheat may contain soya)** Gluten free/dairy free ingredients available	**1 chicken breast**	Eaten in class
	Mac "n" Cheese **(Wheat may contain soya, dairy)** Gluten free/dairy free ingredients available	**A plastic box** Ingredients provided	Transfer to an ovenproof dish and bake for 20 minutes at 180°C or microwave equivalent
	Scones **(wheat may contain soya, dairy, eggs)**	**A plastic box** Ingredients provided	Best eaten on day of making
	Whisked Sponge **(wheat may contain soya, eggs)** Gluten free/dairy free/egg free ingredients available	Can be shared between 2 **2 eggs** **50g caster sugar** **50g self-raising flour + jam 2-3 tbsp** **A plastic box**	Best eaten on day of making

	Raspberry/Cinnamon Biscuits **(wheat may contain soya, dairy, eggs)** Gluten free/dairy free ingredients available	**A plastic box** Ingredients provided	Best eaten on day of making