EATON BANK ACADEMY

Eaton Bank Academy, Jackson Road, Congleton, Cheshire, CW12 1NT.
Telephone: 01260 273000 | Email: postpoint@eatonbank.ht.school | Web: www.eatonbankacademy.org

September 2026

Dear Parent/Carer

Re: Food and Nutrition Practical Lessons

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 ensure that any ingredients brought into school are nut-free. 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. It is vital that students do not have items needing to be chilled in bags for hours as they can be a source of bacteria. 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).

Knowing that many Year 7 students need time to adjust to the organisational demands of school, we provide most ingredients. **We ask for a voluntary donation of £4 for the year.** Please pay through Parent Pay. 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**

Miss S Rigby **s.rigby@eatonbank.ht.school**

Date: See the Class Team assignment in Bromcom	Practical Dish/skills (inc. allergens)	Please bring…	Storage/re-heating recommendations
	Couscous Salad (wheat, mustard, celery)	A plastic box	Store in the fridge, best eaten on day of making
	Pizza Toast **(wheat, soya, dairy)** Dairy free and gluten free alternatives available	Extra toppings if wanted (consumed in lesson)	n/a
	Hot Chocolate & Toast **(wheat, soya, dairy)** Dairy free and gluten free alternatives available	(consumed in lesson)	n/a
	Spicy Potato wedges	A plastic box	Reheat in an oven for 10 minutes at gas 4/180 or equivalent in an air fryer or microwave
	Omelette **(Eggs provided – fillings own choice)**	Small amounts for a filling if required (no raw meat please) (consumed in lesson)	n/a
	1 cup pancakes **(Eggs, wheat, dairy)** Dairy free, egg free and gluten free alternatives available	Small amounts of fruit if required – no nut spread Either eaten in lesson or Plastic box for taking away	Store in the fridge, best eaten on day of making
	Apple Cakes **(Eggs, wheat, dairy, may contain soya)** Dairy free, egg free and gluten free alternatives available	Ingredients provided A plastic box	Best eaten on day of making
	Quesadillas **(Wheat, dairy)** Tortillas, salsa & cheese provided	. Extra Fillings if required, Either eaten in lesson or Plastic box for taking away	Store in the fridge, best eaten on day of making

Timetable dependant	**Plating Task**	Ingredients provided	n/a
Timetable dependant	**Fruit Biscuits** **(wheat, dairy, may contain soya)** Dairy free and gluten free alternatives available	Ingredients provided A plastic box	Best eaten on day of making