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 & Nutrition Practical Lessons – Year 8

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. 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 of £5 towards the cost of ingredients provided for the year. This can be paid via ParentPay. 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 Bromcom assignment	Practical Dish/skills (inc. allergens)	Please bring…	Storage/re-heating recommendations
	French Toast **(wheat, eggs & dairy, may contain soya)** egg free, dairy free & gluten free ingredients	**A plastic box** Ingredients provided	Eaten in class
	Stir Fry Noodles **(Wheat, soya, sesame)**	Ingredients provided (consumed in lesson)	n/a
	Nasi Goreng **(wheat, soya)** We provide rice and spicy paste	**A plastic box** **A small selection of ingredients, such as frozen peas/sweetcorn, spring onions, peppers, cooked ham, prawns. Avoid raw meat.**	Reheat in an oven for 10 minutes at gas 4/180 or equivalent in an air fryer or microwave
	Fruit Crumble **(wheat, dairy, may contain soya)** Gluten free/dairy free ingredients available	**Frozen fruit and an ovenproof dish** Crumble topping ingredients provided	Reheat in an oven at 180 for approx. 20 minutes or microwave equivalent
	Rock cakes **(wheat, eggs & dairy, may contain soya)**	**A plastic Box**	Best eaten on day of making
	Pizza Pinwheels **(wheat, may contain soya, dairy)** Gluten free & dairy free ingredients available	**Small amounts of topping as liked, small block of cheese** Base ingredients & tomato sauce provided **Plastic box for taking away**	Store in the fridge, best eaten on day of making
	Dough balls **(wheat, may contain soya)** Gluten free ingredients available	**A plastic box** Ingredients provided	Best eaten on day of making
	Cheesy Soda Bread **(wheat, dairy, may contain soya)** Gluten free/dairy free ingredients available	**A plastic box** Ingredients provided	Best eaten on day of making

	Hungarian Chocolate biscuits **(wheat, dairy, may contain soya)** Gluten free/dairy free ingredients available	**A plastic box** Ingredients provided	Best eaten on day of making