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Dear Parent/Carer,

With the start of the new timetable in September 2020 your son/daughter will be starting their new course in Food Preparation. Practical lessons are a fundamental part of these courses and assist with students' learning and understanding of key making methods and food science.

Over the coming weeks I will be setting home-learning theory tasks via Show My Homework (Satchel One). I would also like the students to have the opportunity to take part in some practical sessions.

Sadly, the current situation has meant that there cannot be as much practical work undertaken at school. We have written a lengthy risk assessment for practical work but to implement it properly means there will be fewer practical lessons in school. My plan is to set optional practical tasks between now and the end of term. The recipes will be sent via Satchel One with step by step plans of making, tops tips, ingredient and equipment lists, and important health and safety information. I will demonstrate each recipe in school and will provide the safety information for each dish during the demonstration.

These tasks will be optional as I am aware that some people may not feel confident, may not have the resources or equipment, or may not have the time to help with the tasks

The products can be made using basic kitchen equipment and I hope that they will be enjoyed by your whole family. As this involves the students cooking in your kitchen at home I would like to share with you some of the important guidance that we follow in school in order to ensure everyone's safety.

Below I summarise some key health and safety points to remember and things that I would cover with students if they were in school. **Please be aware that if your child does take part in these practical sessions at home, it is entirely your responsibility to ensure that they do so safely.** To assist you with this, I have included some important guidance that we ask you to adhere to:

- Remind your child to refer to the health and safety procedures they have been taught in school via practical teacher demonstrations. These should also be followed at home (some basic essentials are included on the next page).
- The practical sessions should either be supervised by you or another adult in your home.
- You should be aware of the health and safety risks involved whilst your son/daughter carries out these practical sessions, even with an adult present.

These points are highlighted to ensure the safety of your children while they are taking part in practical home-learning sessions.

If you have any questions or queries please do not hesitate in contacting me,

Kind regards

Angela Bradley

Cooking at Home – Some Important Health and Safety Procedures to Follow

- Before they start cooking they must wash their hands and make sure their work surface is clean and tidy, tie back long hair and an apron should be worn at all times whilst cooking.
- When using a sharp knife and chopping board for meat and vegetable preparation, dry hands must be used to avoid hands slipping and extra care taken with sharp blades, knives should be carried carefully with the blade facing down, the bridge and claw method should be used for careful chopping.
- When washing up the knife should not be left in the sink.
- If a cut occurs this should be washed with water, pressure applied using a clean kitchen towel and a plaster applied. If the cut is more serious medical attention may be required.
- Ideally a separate chopping board should be used for meat and vegetables if only one board is available this should be washed in-between with hot soapy water and the vegetables prepared before the raw meat.
- Hands must be washed before and after handling raw meat, meat should be stored on the bottom shelf of the fridge to avoid any cross – contamination and the fridge should be between 1-5°C. Ideally a separate board is available for raw meat. Meat should be cooked thoroughly to avoid food poisoning if a temperature probe is available the meat should be cooked to 75°C.
- When using the oven, oven gloves should be used to put things in and out of the oven, with extra care taken around wrists as some oven gloves do not cover wrists, long sleeves should be worn to protect wrists and arms.
- When using the hob, pan handles must be turned to the side, pans should not be left unattended and close monitoring should be undertaken to avoid pan boiling over or boiling dry. Students should not lean on or over hobs.
- Ovens and hobs should be turned off after use.
- Some recipes may include draining very hot water from food such as pasta or vegetables. Please make sure that the colander is positioned over the sink away from the face. The colander should be placed in a clean, empty sink and the water drained carefully from the pan.
- When using any electrical equipment, dry hands should be used. The machine should be turned off at the mains before setting up.
- Washing and tidying up at the end is very important and hot soapy water must be used for this.
- With high risk food such as chicken, raw meat and raw fish there is a possibility of cross contamination onto low risk or cooked food. To help prevent this, when handling high risk foods, hands and equipment that has been in contact with the food should be washed thoroughly after use. High risk foods should be stored in the fridge in a covered container away from other foods.
- All electrical equipment should be turned off after use.