

Dear parents/carers,

Next term, Year 3 children will be participating in school cooking activities for our DT unit on food and nutrition. Children will be exploring the nutritional value of food and its effect on our physical and mental health. They will practise methods for preparing a range of vegetables and apply these skills to create different dishes. They will learn how to change the texture and flavour of food by roasting and adding herbs and spices.

As part of this unit, children will be making:

- Noodle salad
- Roasted cauliflower and dip

All ingredients and equipment **will** be provided by the school, but we **do** ask that you send your child to school that week **with an apron or an old large t-shirt** to cover their school uniforms.

Please note that children will not be taking food home; they will be preparing, cooking and eating the food in class so that they can evaluate their work. Please find below a list of ingredients that we will be using in each of the lessons for your information. **These will be provided by the school.**

Lesson 1 – Noodle salad	Lesson 2 – Roasted cauliflower and dip
<ul style="list-style-type: none">• Nest of noodles• Lime• Soft brown sugar• Pepper (red, orange, yellow)• Carrot• Tomato	<ul style="list-style-type: none">• Cauliflower• Dried cumin• Dried coriander• Garam Masala• Olive oil• Apple• Tomato• Red onion• Carrot

If your child will not be able to handle or eat any of these ingredients due to an allergy or intolerance, please let the class teacher know prior to the lessons.

If your child has any allergies or intolerances to the ingredients listed above, we kindly ask that you bring in alternative ingredients that you know are safe for them to consume. If you have any questions please talk to your child's class teacher.

Lessons will be taking place in the following weeks:

w/c 17th March – 3B

w/c 10th March – 3R

w/c 3rd March – 3H

Yours faithfully,

The Year 3 Team