



**ST. SAVIOUR'S
CHURCH OF ENGLAND JUNIOR SCHOOL**

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Dear parents/carers,

This term, Year 4 children will be taking part in cooking activities in school for our DT unit on food and nutrition. Children will be learning about the ingredients that are often added to processed and mass-produced food to enhance their flavour or extend their shelf life, and will learn the benefits of making fresh alternatives.

As part of this unit, children will be making:

- Cheese pizza
- Bread rolls

All ingredients and equipment will be provided by the school, but we do ask that you send children into school that week with an apron to cover their school uniforms.

Please note that children will not be taking food home; they will be preparing, cooking and also 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. **If your child will not be able to handle or eat any of these ingredients due to an allergy or an intolerance, please let the class teacher know prior to the lessons and provide a suitable alternative (we can inform you of quantities if required).**

Lesson 1 – Cheese pizza	Lesson 2 – Bread rolls
<ul style="list-style-type: none"> • Plain flour • Plain yoghurt • Salt • Water • Tomato puree • Cheese 	<ul style="list-style-type: none"> • Yeast • Olive oil • Bread flour • Water

Lessons will be taking place in the following weeks:

- w/c 15nd September – 4H
- w/c 22nd September – 4DE
- w/c 29th September – 4C

Yours faithfully,

The Year 4 Team