



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

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Dear parents/carers,

This term, Year 6 children will be taking part in cooking activities in school for our DT unit on food and nutrition. Children will be learning about the ways different ingredients / foods can make you feel.

As part of this unit, children will be making:

- Pasta with tomato sauce
- A sensory salad

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 could you provide an alternative.**

Lesson 1 – pasta	Lesson 2 – salad
<ul style="list-style-type: none"> <li>• White onions</li> <li>• Garlic</li> <li>• Chopped tomatoes</li> <li>• Tomato puree</li> <li>• Pasta</li> <li>• Salt/pepper</li> <li>• Oregano</li> <li>• Olive oil</li> </ul>	<ul style="list-style-type: none"> <li>• Red onions</li> <li>• Carrots</li> <li>• Mixed peppers</li> <li>• Cucumber</li> <li>• Lettuce</li> <li>• Spring onion</li> <li>• Lemon</li> <li>• Salad dressing</li> <li>• Olive oil</li> </ul>

Lessons will be taking place in the following weeks:

w/c 12<sup>th</sup> January – 6TG

w/c 19<sup>th</sup> January – 6H

w/c 9<sup>th</sup> February – 6S

Yours faithfully,

The Year 6 Team