



Cookery

This year all the children will be having cookery lessons at school. They will each have one lesson each half term - 6 over the year.

They will be taught in small groups mixed aged groups and cook a range of hot and cold healthy dishes.

Children will learn where the food they are using comes from (they will plant seeds and tend the school garden), cook food from other cultures, use produce grown in the school garden and begin to understand the importance of having a balanced diet.

They will learn about the importance of hygiene while preparing food and the need for safety when using sharp knives and handling hot pots and pans.

This year they will cook BLT tortilla wraps, root vegetable soup, potato and cauliflower curry, honey flapjacks, Spanish ratatouille, mango cooler and ice lollies.

We would be grateful of donations towards the cost of ingredients and are asking for £1 a session. You can pay this all at once or each term if you prefer. Please send monies to the school office in a clearly labelled envelope.

We would also be grateful of any plastic take away tubs and lids so the children can easily carry their cookery home for you to share at home.

Child's Name: _____ Class _____

I enclose £6.00/£1.00* for cookery sessions.

*please delete as appropriate

