



Highcliffe St. Mark Primary School & Fledglings Pre-School

A Church of England Foundation School

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Year 5 Cookery

Dear Parents and Carers,

On Tuesday 28th April, Year 5 will be taking part in a cookery workshop delivered by our Educatering team, with a focus on healthy eating as part of our Design and Technology curriculum.

The session will begin with a short demonstration and discussion, followed by the children preparing ingredients themselves. The recipe will include ingredients from a range of countries. We will also explore the importance of reducing sugar intake and maintaining a healthy, balanced diet.

During the workshop, the children will prepare and cook spaghetti bolognese. There will also be an opportunity to taste a selection of other Italian foods.

We will be using allergy and dietary information stored on Arbor and adaptations will be made for those with an allergy to an ingredient we will be using. Please ensure your child's Arbor account is up to date with relevant allergy information. If you have any concerns, please do not hesitate to contact your child's class teacher.

Yours sincerely,
The Year 5 Team



PROUD TO BE A
MUSIC MARK
SCHOOL
2023 - 2024

