

# Netley Abbey Junior School

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Headteacher: Mrs. Shirley Nicholas-Bond

Director of Teaching and Learning: Mrs. Rosie Earle

Head of School: Miss. Rosie Tebutt



14th June 2018

Dear Parents

## Year 6 - Healthy Eating Cooking Project

Year 6's Design and Technology project this term is to design, create and cook a risotto. This will include an understanding of the 'Eatwell Plate' and major food groups, designing a healthy balanced meal and practicing some essential kitchen skills such as chopping and frying. We are really excited about the project and hope the children will enjoy it as well as learning and extending their practical kitchen skills and cooking confidence.

During the project, children will be working with an induction hob and sharp knives. They will be fully supervised and taught all the health and safety requirements for the tasks. They will be working in small groups of no more than 6 and will be sampling their risottos as part of the project. Unfortunately, they will not be able to bring home their risotto as the Food Standards Agency advises against reheating rice.

In September parents and carers completed the food permission and allergy information sheets. Please ensure the attached slip is completed and returned by tomorrow if any information has changed or inform your child's class teacher. All food will be nut free.

On the day that we cook, your child will be taking part in a tasting session as part of their evaluation. We would be very grateful for a contribution of £1 towards the costs of ingredients by **Friday 6<sup>th</sup> July**.

Thank you for your continued support.

Yours sincerely

Miss Piper, Miss Blundell, Mrs Hance and Miss Broderick  
Year 6 Teachers