



Dear Parents/Carers,

Year 3 Food Technology

Over the next few weeks, your child will be taking part in Food Technology lessons where they will be planning and making a pasta salad.

Making

On **Tuesday 10th March 3G and 3B** will be preparing their pasta salad.

On **Tuesday 17th March 3T and 3CJ** will be preparing their pasta salad.

The pupils will have chosen the ingredients they would like to bring in from home to include in their pasta salad. Please see the list below:

The children are allowed to bring in:

- 1 protein
- 1-2 fruits and / or vegetables
- 1 dairy product- optional

Please ensure that all the additional ingredients are brought in a labelled container **on the day** that they are preparing their pasta salad. If the protein requires cooking, please ensure this is done beforehand, but please **do not cut up** the ingredients, as the pupils will be developing their utensil skills. If any of the ingredients are in tins, please make sure that these are decanted into labelled containers and you only provide them with the amount they will need. They will also need to bring in a spoon and a labelled container, with a lid, that will be used to store their pasta salad. The ingredients, spoon and container need to be brought in a named bag and handed to the class teacher in the morning. Class teachers will look after the bags (for safety!) and they will be returned at the end of the day.

We will be providing the children with the carbohydrate and dressing they chose during the taste-testing lesson.

We are aware that some children have allergies or special dietary requirements which the teachers will cater for.

Thank you for your support.

Many thanks

Miss Peaty Miss Clarke





Here is the list of ingredients the children are able to choose from, to bring from home:

Protein x1	Fruits and vegetables x1-2	Dairy- optional x1
Cooked chicken	Tomato	Cheddar cheese
Ham	Cucumber	Mozzarella
Tuna	Carrot	Feta
Salami	Sweetcorn	Vegan cheese
Cooked tofu	Peppers	
Cooked Quorn sausages	Cabbage	
Cooked eggs	Red onion	
Cooked Quorn alternative	Apple	
	Grapes	
	Olives	

