



Wednesday 28th February 2024

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.

Taste-Testing

On **Friday 8th March 2024**, the children will be able to sample four different types of carbohydrates. They will be trying pasta, rice, couscous and quinoa to decide on their favourite. They will design their own pasta salad using the carbohydrate and dressing of their choice and any other additional ingredients they have chosen to bring in from home.

In order to try and do our bit for the planet and avoid buying plastic cutlery, please could we ask that your child comes into school with a spoon on **Friday 8th March** for food tasting.

Making

On **Monday 25th March, 3D and 3S** will be preparing their pasta salad.

On **Wednesday 27th March 3G and 3M** 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 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** your ingredients, as the pupils will be developing their utensil skills. 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 Goddard

Mrs Gregory

Miss Miah

Miss Stone

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	

