



ST. SAVIOUR'S
CHURCH OF ENGLAND JUNIOR SCHOOL

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Dear parents/carers,

Next term (Term 4), Year 5 children will be taking part in cooking activities in school for our DT unit on food and nutrition. Children will be exploring diets from different cultures, practising culinary skills and techniques and evaluating their outcomes.

As part of this unit, children will be making:

- Stir-fry
- Bombay potatoes

All ingredients and equipment will be provided by the school, but we do ask that you send children into school that week with an apron to cover their school uniforms.

Please note that children will not be taking food home; they will be preparing, cooking and also eating the food in class so that they can evaluate their work.

Please find below a list of ingredients that we will be using in each of the lessons for your information. These will be provided by the school. **If your child will not be able to handle or eat any of these ingredients due to an allergy or an intolerance, please let the class teacher know prior to the lessons and provide a suitable alternative (we can inform you of quantities if required).**

| Lesson 1 – Stir-fry | Lesson 2 - Bombay potatoes |
|---|---|
| <ul style="list-style-type: none"> • Egg or rice noodles • Carrots • Peppers • Mangetout • Spring onions • Garlic paste • Ginger paste • Soy sauce • Lime juice • Honey | <ul style="list-style-type: none"> • Potatoes • Spinach • Cumin seeds • Mustard seeds • Garam masala • Turmeric • Ground cumin • Ground coriander • Fresh coriander • Olive oil |

Lessons will be taking place in the following weeks (Monday and Thursday):

w/c 24th February – 5H

w/c 3th March – 5KJ

w/c 10th March – 5C

Yours faithfully,

The Year 5 Team