

22<sup>nd</sup> October 2009

Dear Parents

We have recently upgraded our children's kitchen which was quite old, tired and cramped. We now have a super, children friendly kitchen with low work tops and a lower oven for the children to reach. The walls are covered in beautiful food and cooking related pictures which Mrs Jeffs painted for us. If you haven't seen the kitchen and would like to take a look then please pop in before or after school.

Our food technology curriculum is now well established and most year groups have the opportunity to look at food products such as salads or bread and then design their own product for a specific audience.

To make full use of the new kitchen and to give children further opportunities to cook I would like to introduce a very exciting "Cooking for Fun" programme. Several parents are going to be running this programme across the school from Year 1 to Year 6 (Year R have the opportunity to cook for fun at least 6 times a year already). All children will get the opportunity to cook in a small group of 4-6 children. As children are working in small groups it may take up to 12 weeks before your child has their turn. A checklist will be kept to ensure all children get their go.

The children will learn basic hygiene skills including hand washing, tying hair back, cleaning surfaces etc. They will prepare all of the food and consider what is healthy and what should be eaten in moderation. They will also learn to wash up afterwards which I'm sure you'll agree is a very important skill!

The following programme will start after half term.

<b>Year Group</b>	<b>Cooking with:</b>	<b>Cooking Day</b>	<b>Making:</b>
Year 5	Mrs Culver	Monday	Fresh pasta
Year 3	Mrs Giles	Tuesday	Omelette and a smoothie
Years 1 & 2	Mrs Giles	Thursday	Meatballs and tomato sauce
Year 4	Mrs Corbett	Thursday	Macaroni Cheese
Year 6	Mrs Culver/Mrs Corbett	Friday	Curry

Continued .....

Recipes will appear on the school website so that you will hopefully be able to recreate the food at home with your child.

In order to support this programme we need to ask for a contribution of £1 per child to buy ingredients for the first round of cooking. If this term's cooking is successful then we will, hopefully, introduce a new programme for the Spring and Summer terms.

Food will be brought home (apart from Year 3 who will need to eat their omelette at school).

Please complete the slip below which also identifies any food allergies and/or vegetarians then return it in an envelope marked "Cooking for Fun".

Yours sincerely

Siobhan Hall  
Design and Technology Co-ordinator

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Swanmore Primary School  
**COOKING FOR FUN**

Child's Name ..... Class .....

I give permission for my child to take part in "Cooking for Fun" and enclose £1.00 towards ingredients.

- My child cannot eat / have contact with :

Signed (parent) ..... Date .....