



Castlefields Primary School, Castlefields, Bridgnorth, Shropshire WV16 5DQ

Phone: 01746 764072 Email: [admin@castlefields.org.uk](mailto:admin@castlefields.org.uk) Website: [www.castlefieldsprimary.co.uk](http://www.castlefieldsprimary.co.uk)

Head Teacher: Mrs R Lee

Dear Parents/Carers

14 June 2023

### Year 4 Cookery

As part of our topic on digestion science and a healthy body, we have arranged for a Chef to visit Year 4. In addition to supporting this term's topic, we are also really pleased about this as cookery is a life skill that helps us all to gain independence; something we all try to encourage in our children. The sessions will take place on 19<sup>th</sup> and 20<sup>th</sup> July during the school day.

The sessions include:

**Taste and Sensory** - This session encourages children to familiarise themselves with food by introducing foods by seeing, hearing, touching, smelling and tasting a baguette, before identifying the four tastes. Different coloured jellies are used for children to discover more tastes. Provenance and healthy eating is the key message with a focus on the importance of a balanced diet and the risks of too much salt and sugar.

**Practical** - This looks at identifying different fruits and vegetables, where they come from and how they are grown. Students then create a salad or simple dish using different varieties. Children are taught knife skills and how to use the "bridge and claw" techniques while again emphasising provenance and healthy eating. This also provides an opportunity to cover numeracy by cutting ingredients into specific shapes and sizes.

**Bread making** - The session looks at where bread comes from, how wheat is grown, harvested and milled into flour. Children then make the bread.

The cost of the session is £7.50 per child which will cover the cost of the ingredients (payable via ParentPay). Please could you fill in the form below to confirm any allergies your child may have.

Under the requirements of the Education Act 1988 we can only raise the cost of these sessions by voluntary contribution. There is no obligation to contribute, and children will not be treated differently according to whether or not any contribution has been made. However, this activity can only go ahead if the level of support is sufficient.

Please complete the reply slip and return to school as soon as possible.

Yours sincerely

Mrs R Fletcher

