

Our Ref: CWi/CCr

14 September 2026

Dear Parent/Carer

This school year, as part of our Design and Technology curriculum, children in Year 3 will be focusing on food and cooking skills. They'll be preparing and cooking a variety of recipes, learning techniques, exploring ingredients, and understanding the importance of healthy eating. Ingredients used will be as follows:

- Rice noodles, Lime, Soy or fish sauce, Soft brown sugar
- A selection of suitable vegetables that can be eaten raw
- Bulgur wheat, Oats
- Pepper, Lemon, Olive Oil, A range of herbs and spices, Sugar, Butter
- Feta cheese
- Fresh herbs (e.g. parsley, chives, mint or basil)
- Cauliflower, Apple, Large tomato, Red onion, Carrot, Apple, Sultanas, Apple juice

To ensure a safe and enjoyable experience, please complete the Food Tasting Consent Form by clicking on the following link: [2027-Y3 Food Tasting – Fill in form](#)

This will help us to be aware of any allergies or dietary restrictions. The form must be submitted by 30 September so we can make the necessary accommodations.

Thank you for your cooperation in making this a successful and safe experience for all. Your child's safety is our utmost priority, and we will make every effort to accommodate their needs. If your child has severe allergies that require an EpiPen or any other specific precautions, please provide those details on the form. Rest assured that we will take all necessary precautions to prevent cross-contamination and ensure a safe environment.

Thank you for your continued support.

Yours Faithfully



Mrs C Wilby
Vice Principal