



North Road Community Primary School
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25 September 2023.

Cooking and Nutrition

Dear Parent/Carer,

This letter is to provide more information about the cooking curriculum at North Road Primary School. 'Cooking and Nutrition' is part of the National Curriculum, to provide opportunities for children to learn key principles of healthy eating and nutrition. During the sessions, the children will have discussions about where food comes from, learn about food hygiene, and practise basic cooking skills.

These opportunities encourage a love for cooking and we thank you for your support to make this happen in our school by donating £2 towards ingredients. Thank you to those parents who have already made your payment. We do ask, that all future payments for cooking be made via Arbor, using the payment item available under *Trips*.

Below is a table showing the seasonal dishes that each year group will be cooking throughout the year:

Year Group	Dishes cooked throughout the year
Reception	Fruit smoothies Simple baked desserts and dishes linked to learning
Year 1	Fruit salad Apple crumble
Year 2	Mini fruit pops Rock cakes
Year 3	Mango and banana muffins Pizza
Year 4	Traffic light rice Cranberry cookies
Year 5	Leek and potato soup Raspberry and lemon muffins
Year 6	Chilli beef wraps Orange carrot cake

'Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.'

Department for Education

Thank you for your support.

Yours sincerely,

Miss Tyler
Design and Technology Lead

Enjoy learning, succeed in life.