



St. Michael's C.E. Junior School (Controlled)

Church Lane East, Aldershot, Hampshire, GU11 3SS
Headteacher: Mrs Lynne Hignett BA(Hons), NPQH

14th June 2017

Dear Parents/Carers,

In our DT sessions this term we have been learning about healthy eating and foods that make up a balanced diet. We have also investigated the purpose of different food groups and the impact they have on our bodies.

We are going to plan and make a healthy balanced pasta or couscous dish in groups, applying what we have learnt about the different food groups. We will be taste-testing different types of pasta and couscous on Friday in preparation for planning our own dishes. Once planned, the children will allocate each of the ingredients they will need to bring to school on the day their group is making their dish. They will also need to bring a small lidded container to be able to bring home a portion of their creation.

We have your child's medical information regarding allergies. However, if there are any new allergies that we are unaware of please let us know.

Kind Regards,

The Year 6 Team



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