

# Colmers Farm Primary School

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Head Teacher: Mr D. Williams  
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Date 6 March 2023

Dear Parent/Carer

## Re: Food and nutrition education

As part of our design technology curriculum in Year 2 this term, your child will be taking part in cooking and nutrition lessons and will be learning about where food comes from, identifying fruit and vegetables and preparing fruit to make a fruit smoothie. Design technology lessons take place on Tuesday mornings for Year 2.

Food lessons will involve your child using and tasting a number of ingredients. It is essential to be aware of any allergies or intolerances he/she may have. Therefore, I would be grateful if you could complete the attached reply slip so that I can keep a record for future reference.

Personal hygiene is also an important consideration and therefore your child must not wear jewellery or nail varnish. Long hair must be tied back, and your child will be provided with a clean apron. In addition, your child will be actively discouraged from eating during a practical lesson unless it is to taste ingredients as part of the planning process or to taste what they have made as part of their learning.

I appreciate your assistance with the above and look forward to teaching and enthusing your child about good food and healthier eating.

Yours faithfully

Mrs Oliver  
Art and design technology teacher



2022-2025



We're working  
towards Artsmark  
Awarded by Arts  
Council England



SCHOOL  
MEMBER

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**Ingredient check slip**

**My child:** \_\_\_\_\_

**Date:** \_\_\_\_\_

- Does not have food allergies/ intolerances or religious/cultural reasons for not handling or eating certain food.  
OR
- Does have food allergies/ intolerances or religious/cultural reasons for not handling or eating certain food. (Add details to the table below.)

My child should not handle or eat these food(s):	<b>Complete this column ONLY in the case of severe allergy.</b> My child has a <b>severe allergy</b> and the following food(s) must not be used.

- I agree to my child wearing a plaster or plastic gloves to enable them to take part in food lessons if they have a cut or skin condition on their hands on the day of the food lesson.

**Parent/carer name (PRINTED):** \_\_\_\_\_

**Parent/carer signature:** \_\_\_\_\_

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