Colmers Farm Primary School

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Head Teacher: Mr Williams
Deputy Headteacher: Miss Hooper
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3rd November 2026

Dear Parent/Carer

Re: Food and nutrition education

As part of our design and technology curriculum in Year 5 this term, your child will be taking part in cooking and nutrition lessons. As part of their Biomes project, pupils will focus on where and how cocoa is grown and will also learn about fairtrade products.

Year 5 will be making biscuits and the ingredients they will be using include unsalted butter, caster sugar, self-raising flour, vanilla extract, baking powder, chocolate chips and cocoa powder. Design and technology lessons take place on Tuesday mornings for Year 5.

Food lessons will involve your child handling and tasting these ingredients, therefore it is essential to be aware of any allergies or intolerances he/she may have. I would be grateful if you could complete the attached reply slip so that I can keep an up-to-date record. Please return the completed reply slip to Mrs Oliver by **Friday 6th November**.

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.

Yours sincerely,

E. Oliver

Mrs Oliver
Art and design and technology teacher

Ingredient check slip

My child:_____ **Class:**_____

- 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):	**Complete this column ONLY in the case of severe allergy.** My child has a **severe allergy** 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: _____

Date:_____