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Headteacher: Miss Z Loosemore

7th March 2022

Dear Parents and Carers,

In our French themed design & technology lessons, the children will be making their own healthy French meal – Salade Nicoise.

Before the children design their own salad, they will be comparing recipes and identifying similarities and differences. We will be giving the children the opportunity to taste the main ingredients during our D&T lesson in the week commencing 21st March 2022: tinned tuna, black olives, anchovies, lettuce and rocket with French dressing. These ingredients, along with potatoes, will be provided by school for your child to use when making their own salad.

The children will be making their designed salad in the afternoons of the week commencing 28th March 2022 – please make a note of this in your diary ☺.

- **3DN: Monday 28th March 1pm**
- **3P: Tuesday 29th March pm**
- **3D: Thursday 31st March pm**

During the tasting week, your child will bring home a letter with a reminder of their specific salad-making date, along with a list of the additional ingredients that they have chosen to include. They will be given the opportunity to swap some of the original Salade Nicoise ingredients based on their preferences following the tasting session, eg swapping tuna for chicken / prawns or swapping anchovies for egg/cheese etc

These additional ingredients will need to be brought in to school on the morning that your son/daughter makes their salad. They will need to be ready to add to the salad (e.g. cooked pasta or egg, grated cheese, chopped peppers). They will **also** need to bring in a **named container (with a lid)**, that is large enough to present their salad in.

We would appreciate parental help with this activity if you are available – please indicate this on this [Google Consent Form](#) by **Monday 14th March**. We are aware of allergies but please also use this form to let us know if, for any reason, you do not wish your child to participate in any part of the tasting.

Kind regards,

The Year 3 Team

