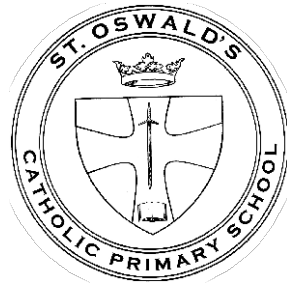




INCLUSION
CHARTER MARK



ST. OSWALD'S CATHOLIC PRIMARY SCHOOL

Email: office@st-oswalds.liverpool.sch.uk

www.stoswaldsschool.com

Montague Road

Headteacher: Mrs. M. Walsh

Telephone:

Liverpool L13 5TE

0151 228 8436

Dear Parents / Carers,

Design and Technology Curriculum – cookery and nutrition

From September 2017 as part of their work with food, our pupils will be taught how to cook and apply the principles of nutrition and healthy eating. We hope by instilling a love of cooking in pupils we will also open a door to one of the great expressions of human creativity. 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.

The national curriculum states that at Key Stage 1 & 2 pupils should:

- Understand and apply the principles of a healthy and varied diet
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

In school we run a 4 week cookery programme which runs throughout the year for each year group to have the opportunity to learn about healthy eating using fresh ingredients and healthy recipes and they will have the opportunity to learn how to prepare and cook foods. The activities will include a variety of food and ingredients, and equipment including using a knife and cooker under close supervision.

If your child/ren have any special medically diagnosed conditions, ethical or religious dietary preference please can you complete and return the attached form as soon as possible (we will require supporting evidence of medical conditions)

Yours Sincerely,

Miss Sime

Deputy Headteacher



Child's name: Class:

Medically diagnosed condition:

Ethical / Religious Dietary requirements:

Signed: Date:

Relationship to child: