



January 2026

### **Design and Technology Unit - Cooking and Nutrition**

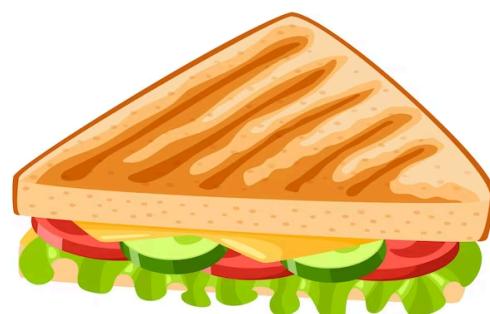
Dear Parent / Guardian,

For their Spring topic, the KS1 children will be learning about a healthy and balanced diet. The children will be exploring where different foods are grown and the benefits they have to our health. They will also be designing and making a sandwich which is both healthy and appealing for a child in Year R. This half term, KS1 will be tasting different ingredients, making their sandwiches and sharing them with the children in Year R. Please complete [\*\*this form\*\*](#) by **22nd January** to consent to your children taking part in the taste testing of ingredients and their sandwich. Please also ensure that the office is aware of any allergies that your child has.

Thank you for your support.

Kind regards,

The KS1 Team



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*'That they may have life; life in all its fullness' John 10:10*



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