

Friday 18th September 2026

UJ Design and Technology Unit – Food and Nutrition- The Great British Menu

Dear Parent/Guardian,

For their Autumn 1 topic, the Upper Juniors will be learning all about healthy foods and where they come from. The children will be researching the history of the Cornish Pasty and eventually designing and baking their own pasty with a filling of their choice. Over the course of the half term, children will learn to make a starter salad, a main course pasty and a fruit trifle style pudding.

To help with this exciting project, the children may wish to bring in their own equipment:

Monday 5th October (salad & pudding)

Equipment required:

- A chopping board
- An apron
- A vegetable peeler
- A grater
- A small knife suitable for chopping vegetables (not a butter knife)



Friday 9th October (pasties)

Equipment required:

- A plastic mixing bowl
- A small chopping board (no glass)
- An apron
- A rolling pin
- A vegetable peeler
- A grater
- A small knife suitable for chopping vegetables (not a butter knife)



All equipment will need to be in a named bag and handed in by an adult directly to the office or an Upper Junior member of staff on arrival at school. Any sharp items should be sealed in a

tupperware container. Equipment will then need to be collected by an adult from the office/Upper Junior member of staff at the end of the day to be cleaned.

Please note: children are not allowed to carry any sharp equipment onto the school grounds.

Please do not worry if you do not have all of the items on the list at home. We do **not** expect parents to buy equipment and we have a small supply of spares in school.

To support the cost of this wonderful experience, we would be grateful for a small donation via Arbor (recommended £3) to contribute towards the cost of food. Ultimately, the children will get to bring their pasties home on Friday 9th October after a final evaluation.

Furthermore, if you have any concerns about **allergies** or the **ingredients**, please contact your class teacher directly so we can support your child safely.

We thank you for your support.

Yours faithfully,

The Upper Junior Team

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

