



Head Teacher: Mrs D Reynolds - BSc Hons QTS NPQH

Aim High

Never Give Up

Follow Your Dream

Lead By Example

Monday 13th May 2024

Dear Parent/Carer

In our Design and Technology lessons this term we have been considering healthy eating. We have planned a healthy Spaghetti Bolognese recipe based on a BBC Good Food recipe.

So that the children can taste the delicious meal that their recipe will make, I will be cooking the bolognese at home and bringing it into school on Wednesday 22nd May. The pasta sauce will be refrigerated then reheated in the school kitchen on that day.

The pasta used will be penne (tubes) as we have discussed as a school how this helps cut down food waste, due to it being easier to eat with just a fork.

Here are the ingredients that we have decided will go into the dish:

low fat beef mince
onion
olive oil
garlic
carrot
tinned tomatoes
low salt beef stock cube
salt
pepper
fresh organic oregano
dried penne pasta

Your child will be given a small bowl of the penne bolognese to try.

If you DO NOT want your child to participate in this tasting session, please let the school office or a member of the Year 5 team know by Monday 20th May.

Yours sincerely

Mrs Veneziano
Year 5 Class Teacher

Mrs D Reynolds
Head Teacher