



29 January 2021

RE: DT Unit – Seasonality

Dear Parent/Carer

Over the next two weeks in DT, we are looking at seasonality and exploring different fruits and vegetables that are in season at various times throughout the year.

We have designed a series of lessons for your child which we hope will be engaging and interesting. In some of these sessions, we make suggestions of seasonal fruits and vegetables to try, along with a range of foods classified as protein.

If possible, it would be great if you were able to provide your children with a selection of fruit and vegetable to try. **Please note, this is not compulsory.** We appreciate that you may not be in a position to source all of these different food types. The children will still be able to learn about seasonality through the activities we have prepared.

Suggested vegetables:	Suggested proteins:
Rocket Spring onions Radishes Spinach Kale Jersey Royal potatoes Asparagus <i>Though you may try other vegetables which are in season if you wish to.</i>	Chicken Salmon Prawns Walnuts (or other nuts) Tofu <i>If there are others you would prefer please do try those (lentils, seeds, Quorn, beef)</i>
If your child has any allergies, please feel free to adopt the suggested list as appropriate.	

The aim of the lessons is to think more carefully about what we eat and where it comes from as well as what our bodies need for a balanced and healthy diet.

By the end of the series of lessons your child will have designed and (maybe) cooked a healthy seasonal meal. I hope you get to enjoy it with them.

If you have any questions please contact us and we will be happy to help.

Kind regards

Mrs Ajewole

Year 5/6 Phase Leader