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@MEGreatHollands

## DT Unit - Seasonality

Dear Parent/Carer

Welcome back to the Autumn term.

This week, in DT, we are looking at seasonality and will be exploring different fruits and vegetables that are in season at various times throughout the year.

On Friday 3 September, we will be providing children with seasonal fruit and vegetables to try as part of a tasting session.

## **Example fruit and vegetables:**

Blackberries

Watercress

Radishes

Spinach

Spring onions

**Asparagus** 

Mangetout

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

Should your child have any allergies or there are certain food types they should avoid, please let your child's class teacher know at your earliest convenience.

Kind regards

Mrs Ajewole

Year 5/6 Phase Leader