

South Farnborough Junior School

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Headteacher: Mrs J Byrne

29th September 2025

Year 4 DT – Making a Healthy Salad

Dear Parents/Carers

In year 4 we are excited to be making healthy salads in Design and Technology (DT), which links with our Science learning during the Autumn term on healthy eating.

The children have designed their own creative salads and will be making them on the following dates:

- **4X** - Wednesday 8th October
- **4Y & Y4 MLD** - Thursday 9th October
- **4Z** - Friday 10th October

Please can you ensure they bring in a named container on their making day to take their finished salad home to share with the family.

We will be providing the following base ingredients: lettuce, cucumber, spinach, tomatoes, sweetcorn, red onion, carrots, bell peppers, grapes and apples.

For their unique creations, children may need to bring in additional ingredients from home. If your child is bringing items such as those listed below, please ensure they are cooked (where needed) and place in a named container, to be stored in our fridge.

- pasta/grains: couscous, quinoa etc
- meats/fish: bacon, chicken, ham, pepperoni, salmon, tuna, vegan alternatives
- cheeses: cheddar, mozzarella, halloumi, vegan cheese etc
- additional salad: broccoli, radish, raisins, etc
- hard boiled egg

IMPORTANT - In keeping with our no nut policy, we ask that NO nuts are brought into school . Children are welcome to add nuts to their salads once they are home.

The DT sessions will provide an opportunity to practise essential skills like chopping and cutting, while emphasising kitchen hygiene and safety.

Finally, a reminder to please:

- Complete the food tasting consent on Arbor (if you haven't already).
- Ensure your child's dietary requirements and allergies are up to date on Arbor.

If you have any queries, please contact the school office.

Kind regards

Year 4 Team

