

South Farnborough Junior School

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Headteacher: Mrs J Byrne

25th September 2026

Year 4 DT Healthy Salad

Dear Parents/Carers,

In Year 4, we are excited to be making healthy salads in Design and Technology, which links with our science learning during Autumn Term on Healthy Eating. As a year group we do lots of lessons on this topic including a tasting lesson.

The children will then be designing their own salads which they will then be making on the following days:

- **4U** – Tuesday 6th October
- **4V** – Wednesday 7th October
- **4W and Bumble Bees** – Thursday 8th October

Please may your child(ren) bring in a named Tupperware container on their day to bring their salad home in, which they can enjoy sharing with you as part of a family meal.

We will be providing the following ingredients for the children to make their salads with:

Lettuce	Cucumber
Spinach	Bell Peppers
Tomatoes	Carrots
Sweetcorn	Spring Onions

The children have been creative in their designs and have added additional ingredients to be brought in from home. If they would like to include items such as those listed below, please may they be cooked (where needed) and brought into school in a named container, where they will be kept in the fridge:

Pasta / grains (couscous, quinoa etc...)

Meats / fish (bacon, chicken, ham, pepperoni, salmon, tuna)

Different cheeses (halloumi, mozzarella,)

Additional salad (e.g. broccoli, radishes, raisins, mango etc...)

Hard boiled egg

We do ask that **no nuts** are brought into school in keeping with our no nut policy at SFJS. Your child is welcome to add nuts after they have brought their salad home if they wish to.

As part of the skills the children are learning in Design and Technology, they will have the opportunity to practise chopping and cutting skills, alongside being safe and hygienic in the kitchen.

Many thanks for your support with this.

With best wishes,

From the Year 4 Team

