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Education Department
Giffnock Primary School
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April 2018

Dear Parent / Carer

We have been invited by East Renfrewshire Council Catering Department to participate in a healthy eating project in conjunction with Quorn Kids Campaign.

The project consists of interactive workshops which look at healthy eating using the Eat Well Plate and explore the main food groups and benefits to our bodies, including some ideas for meat-free dishes.

The workshops will take place in school on Thursday 3rd May 2018 and will be part of our health and wellbeing curriculum that week.

We have attached a sample of the menu that children will experience. Consideration of children's allergies is important and so if you have any questions please contact me at the school.

Yours faithfully,

Kirsty Rawley
Depute Headteacher



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