



**KIRKHILL PRIMARY SCHOOL**  
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*At Kirkhill we are #PROUD of our school community. Everyone is encouraged to be creative, strive for excellence and be inspired to attain, achieve and be their best.*

Dear Parent/Carer,

As part of our Health and Wellbeing and Technologies topic, P6a have been learning about healthy, balanced diets. We are going to be undertaking some simple food preparation in class using some 'no cook' recipes. The recipes will include the following ingredients:

Veg patch hummus

Chickpeas, lemon juice, garlic, olive oil, carrots, parsley

Build a sandwich

Bread, lettuce, cucumber, pepper, sweetcorn, cheese, tuna (in spring water), low fat mayo, ham, hummus

Rainbow fruit skewers

Raspberry, strawberry, tangerine, mango, pineapple, kiwi, grapes, blueberries

Please complete the form at the link below by Friday 1<sup>st</sup> April to give permission for your child to take part in food preparation and food tasting:

<https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKWQ5E-Tw4JBvkaORTMdnVUMDc4TTVUNVBHQkI0NTkzSURaQIZWUUk0UC4u>

Yours sincerely

Catherine Robertson

(P6a Class Teacher)

**Curriculum for Excellence**

Through discovery and imagination, I can develop and use problem solving strategies to meet design challenges with a food focus.

**Skills for Life, Learning and Work:**

The totality of experiences which are planned for our learners include the development of skills for learning, life and work. The development of these skills is integrated and embedded into our learning and teaching experiences throughout the school years and into lifelong learning.



**UNCRC Article 28**

Every child has the right to an education.

**UNCRC Article 29**

Education must develop every child's personality, talents and abilities to the full.

#PROUD Perseverance Resilience and Respect Optimism Unity Diversity