



6<sup>th</sup> March 2023

### Year 3 - Food Technology Experience Day

Dear parents/carers,

This term, in Year 3, children have been learning about rocks, fossils and what the Earth is made up of. This half term, we are expanding this to understanding how the local area’s land and rocks were used for mining and what the life of a miner was like.

On **Monday 27<sup>th</sup> March**, all Year 3 children will take part in an exciting day where all lessons will focus on the humble pasty, which was the food of choice for miners. In Guided Reading, we will be looking at recipes, in Maths considering the measurements of ingredients and in Design & Technology we will be designing, cooking and evaluating our very own pasties.

To support the preparation of this day, we would like to check any dietary requirements beforehand. Therefore, please review the following ingredients and complete the attached slip to confirm your child’s full involvement in the day. Please return the slip to your child’s class teacher by Wednesday 15<sup>th</sup> March.

Year 3 pasty ingredients
<ul style="list-style-type: none"> <li>- Shortcrust pastry</li> <li>- Plain flour</li> <li>- Milk</li> <li>- Onions</li> <li>- Vegetable oil</li> <li>- Dried herbs</li> <li>- Mild cheddar cheese</li> <li>- Optional extras (to be decided by child as part of their design) – spring onion/tomatoes/peas/sweetcorn</li> </ul>
Pre-made cheese and onion pasty to sample
<p><b>Ingredients</b></p> <p>Fortified <b>Wheat</b> Flour [<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Potatoes, Extra Mature Cheddar Cheese (<b>Milk</b>) (13%), Palm Oil, Onions (6%), Red Leicester Cheese (4%) [<b>Cheese (Milk)</b>, Colour (Annatto Norbixin)], Whole <b>Milk</b>, Pasteurised Free Range Whole <b>Egg</b>, Potato Flakes, Maize Starch, Rapeseed Oil, Salt, Garlic Purée, White Wine Vinegar, White Pepper, Turmeric</p> <p>For allergens, including Cereals containing Gluten, see ingredients in bold.</p>





During the day, pupils will try a small amount of the alternative and will eat their own pasty in the afternoon in order to evaluate it. **All pupils must still bring in a packed lunch or order a school dinner as normal.**

In addition, we would like to invite parents and carers in to join us on this day to celebrate the hard work of the children from across the term and also to support the children in the evaluation process of their Food Technology creation. Therefore, please advise on the slip below if you would like to join us **between 2 and 3pm on the day.**

Pupils are invited to dress up for our experience day on the **27<sup>th</sup> March** if they wish. This could include:

- Coal miners clothing (e.g. dungarees or overalls)
- A chef or baker's outfit
- Suitable clothing for cooking/baking.

We hope this day provides a memorable and enjoyable experience for your child. Please contact any member of the Year 3 team should you have any questions regarding the day.

Thank you for your continued support.

Mrs Gibbins  
Head of School

**Year 3 - Food Technology Experience Day – Mon 27<sup>th</sup> March**

Child's name: \_\_\_\_\_ Class: \_\_\_\_\_

I give permission for my child to take part in sampling and making their own pasties.

Dietary requirements/allergies: \_\_\_\_\_

I would like to attend the afternoon tasting session from 2-3pm.

I can confirm the number of adults attending will be: \_\_\_\_\_ (maximum of 2 per child).

Signed \_\_\_\_\_

Date \_\_\_\_\_

