

April 2026

Dear Parents / Carers

YEAR 1 DT: COOKING AND NUTRITION: SMOOTHIES

Over the next few weeks in Year 1 we will be exploring different fruits and making smoothies. Our topic will allow the children to develop cooking skills on **Wednesday 29th April 2026 and Thursday 30th April 2026**, and they will explore the different steps towards making a fruit smoothie. We are writing to let you know about this activity and give you the opportunity to **OPT OUT**. All food will be only fruit based with no additional ingredients of preservatives.

You should have already informed the school if your child has any dietary requirements or allergies. **If you would NOT like your child to taste the following, please complete the form below.**

- Strawberry
- Banana
- Orange
- Apple juice
- Tinned pineapple

Please return the signed slip below by Monday 27th April if you would NOT like you child to taste an ingredient.
There is no cost to parents for this activity.

Complete the form below if you would NOT like your child to taste the ingredients. If you are happy for your child to taste the fruit and fruit smoothie you do NOT need to return this form.

Yours sincerely

MISS BERTRAM, MISS MEHMOOD AND MS LADAK
Year 1 Teachers

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Please ONLY complete this slip if you DO NOT want your child to take part

VAUGHAN PRIMARY SCHOOL

YEAR 1 DT: COOKING AND NUTRITION: SMOOTHIES

Name of child: Class:

I **DO NOT** want my child to take part in the tasting

Please be aware of my child's allergy of: -----

Signature of Parent/Carer Date: