

Headteacher: Hayley Marshall

## Healthy Eating Extravaganza

Dear Parents/Carers,

As part of our PSHE curriculum, on **Friday 27<sup>th</sup> April 2018** we will be holding a special 'Healthy Eating' event in school. Pupils will be invited to participate in this important event and will have the opportunity to experience different foods; this will involve tasting some foods that they may not have tried before. Please see to the side of this letter a full list of foods that will be available.

**Please inform the School Office by WhatsApp or by telephone if your child has any known allergies to the foods listed here.**

Kind regards,

Mrs L Rhodes

## INGREDIENTS

Kiwis  
Blueberries  
Raspberries  
Limes  
Pineapple Chunks  
Watermelon  
Ready to Eat Mangoes  
Pomegranate Seeds  
Passion Fruits  
Papayas  
Figs  
Coconut  
Plums  
Peaches  
Jalapeno Chillies  
Ripen at Home Avocados  
Celery  
Cooked Beetroot  
Radishes  
Salad Cress  
Basil  
Flat Leaf Parsley  
Mint  
Coriander  
Rosemary  
White Mushrooms  
Superseeded Bread  
Carrot Batons  
Houmous  
Roasted Vegetable Cous  
Cous  
Greek Style Natural  
Yogurt  
Soft Apricots  
Soft Prunes  
Cranberries  
Ginger  
Strawberries

