

Headteacher: Hayley Marshall

Healthy Eating EYFS & KS1

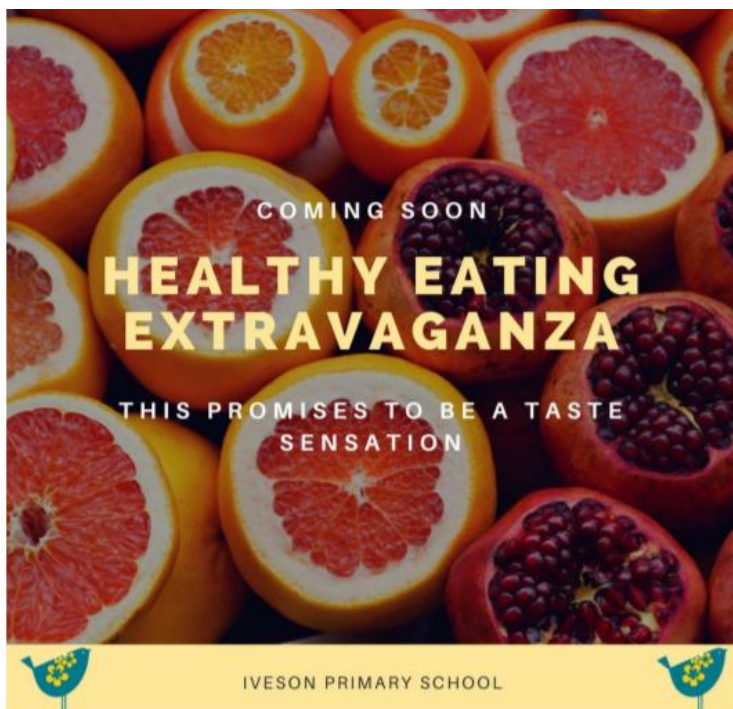
Dear Parents/Carers,

As part of our PSHE curriculum, on **Monday 16th July 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



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