

## Food and Nutrition

Autumn 1

2025



Alison

Welcome back everyone. I hope you all had a lovely summer and are ready for another purposeful and busy term in Food and Nutrition.

Hong Kong was amazing and watch this space for cooking to include Chinese delights this academic year.

This term our topic is  
You've got a friend in me.

### Curriculum

During Food and Nutrition lessons this term we will be making products relating to a healthy breakfast. This ties in with our theme for the term as we will be eating some of what we have cooked in a social setting as well as making it in groups or pairs. We will be thinking about the importance of breakfast and how it can set us up for the school day.

Depending on the class, dishes which will be made are: - Tasty Toast, Breakfast Scones and Muffins, ways of cooking eggs, Oat Cakes, Smoothies, Granola Bars, Breakfast Pots, Pancakes, Frittata, Breads and Jamaican Breakfast Buns to name a few.

We will be developing our independent skills and our practical skills as well as numeracy, literacy and scientific enquiry skills. Of course, we will keep on developing our love and enjoyment of cooking and being in the kitchen. A very busy and exciting term lies ahead and I cannot wait to get started.

Please can pupils continue to bring a named container to their Food Lessons to take their cooking home in and if possible, pay £1.50 per week to cover food costs. Thank you!

Please keep posting any of your home bakes on Tapestry. I very much enjoy looking at your creations. Thank you so much for supporting this at home and please continue to do so. Cooking for other people I believe is one of life's real pleasures and enjoyment.

During this term we will also collect food for Bourne Food bank as well as incorporating Black History Month into our lessons.

Thank you for your continued support.

### Keeping in touch

Please continue to use the home school book or Tapestry to inform us of any important information relating to your child. We will check it every day but please log into Tapestry for your daily class update. Don't forget to add any home experiences to Tapestry as this provides us with a valuable link to home.

Any absence or to notify us of a medical appointment or for general enquiries please email: [willoughbyenquiries@prioryacademies.co.uk](mailto:willoughbyenquiries@prioryacademies.co.uk)