



Year 6 Meals - Information for Parents Helpers

How many people will I cook for?

Children usually work in groups of four (including your own child) to prepare, cook and eat their meal. They will also invite a member of staff to join them for lunch, so there will usually be six people (including yourself).

What will I be cooking with my group?

As a group the children will have chosen to cook the same meal which can be made as either meat, vegetarian or vegan. **The two courses will have been chosen from a set list** but you are welcome to include vegetables/accompaniments e.g. naan bread, poppadoms etc if you wish. All the recipes can be found on the school website [HERE](#)

About a week before your cooking slot

Please arrange a short meeting, via the Office, with your group (the start or end of the day works well). This will be when you can discuss any particular likes/dislikes eg fruits, vegetables, dietary requirements and how they wish to decorate the table (please only use flowers if these come from a garden, not bought).

Ingredients

We will have stocks of basic ingredients flour, sugar, margarine etc; a list is available in on our website [HERE](#)

You will need to buy any perishable ingredients (fresh vegetables, meat, cream etc). **Please check with the Office if any child in your group has any specific dietary needs.** We ask that you spend a maximum of £15-£25 and that you do not buy organic or 'premium' products. If your group wishes to serve a drink other than water, squash is available (no fizzy drinks please). Due to legislation, we are unable to take receipts with your own shopping also on them and so **please put all items bought for school on a separate receipt.** Please give the receipt to Mrs Duffett (Finance Officer) and she will reimburse you.

On the day

- Please arrive at approx. 10am and the children will meet you in the kitchen.
- Aim to serve the main course at 12.00-12.10pm. That's when everyone can sit and enjoy the experience - please encourage the children to engage in conversation.
- Once the meal is finished (usually around 12.40pm) the children should help clear away and wash up. They should be ready to return to class by approximately 1.00pm.

Children need to wear an apron, have long hair tied back and (obviously!) have washed their hands. Talk to children about what they are doing and why e.g. health and safety, why sieve flour etc. Some of them may not have done anything like this before. Can you also please talk to them about table manners! The children should help prepare all ingredients for the meal, but you will need to monitor their safe use of equipment (including knives, graters etc). While you are there to supervise, the children can have a go at frying, using the oven etc. Children should also lay and decorate the table (there are tablecloths to make it look special)

Thank you for your help....we could not do this without you! We hope you enjoy the experience - the children do, often saying it's the best school lunch they've ever had!

