



Spalding Parish Church of England Day School

Wholly inclusive, striving for fulfilment, empowering the flourishing of our world

6th March 2026

Dear Parent/Carer,

Year 4 DT Exploring Healthy and Varied Diets

As part of our Design and Technology work this term, Year 4 will be learning about the importance of a balanced, healthy and varied diet. The children will explore how different foods help our bodies to stay healthy and how we can make positive choices about what we eat.

To support this learning, we will be carrying out a tasting session where children will have the opportunity to try a range of products linked to our project of making a wrap. This will help them to compare flavours, textures and ingredients before planning and creating their own balanced dish later in the unit. The session will also allow children to understand how we can make a wrap both nutritious and enjoyable.

As well as tasting, the children will be practising essential food preparation skills, including chopping, slicing and grating, so they can independently prepare parts of their final product. These skills will not only support their work in DT but will also help them develop confidence for use in everyday life.

Although you have already informed us of any allergies when your child joined the school, please could you reconfirm any dietary requirements or allergies using the link at the bottom of this letter. This ensures we have the most up-to-date information and can keep all children safe during the tasting session. Please do this by **Friday 13th March** to ensure your child can take part.

We are very much looking forward to this enjoyable, practical learning opportunity. If you have any questions or concerns, please do not hesitate to contact us via the Year 4 email address: Y4@spaldingparish.laat.co.uk or speak to one of us at the start or end of the school day.

Yours faithfully,

Tom Stanshall, Susan Hirst and Kim Bird

Year 4 Team



Forms Link: [Y4 DT Food Tasting -](#)



Clay Lake, Spalding, Lincolnshire, PE11 2QG

Tel: 01775 722333

enquiries@spaldingparish.laat.co.uk

Follow us on Twitter: @SPCEDS

Head Teacher: Diane Mulley