

Enjoy cooking with your child and we are looking forward to finding out what you made and seeing all those wonderful skills when we cook at school.

Have you got the following equipment at home?

a small, sharp knife

a chopping board

a grater

a tin opener

Let us know if you need anything and we'll bring it to you.



Swansfield Park Primary School, The Avenue, Alnwick, Northumberland NE66 1UL

Telephone: **01665 602267**

Email: admin@swansfield.northumberland.sch.uk

www.swansfield.northumberland.sch.uk

Swansfield Food Bag

Each week, usually on a Monday morning we will be making up a food bag for your child.

We want to give them as much nutritious food as possible, along with one or two treats, but most of all we want the children to get involved and to learn about food and cooking.

In this leaflet we want to share some ideas but we really want to hear from you - let us know what your children enjoy to eat.



The food bag will provide the basics:

- A loaf of bread • Cheese
- Ham • Hard boiled eggs
- Yoghurt • Fruit • Salad vegetables
- Milk • Fruit juice

Then we will add other foods and try to give some variety each week as well as enabling you to build up a store of foods to help make some interesting lunches with your child such as:

- Margarine • Salad cream
- Baked beans • Tuna • Soups
- Crackers • Wraps
- Pasta - if we can get it!
- Baking potatoes

And of course we'll add a few treats:

- Crisps
- Biscuits and cakes from the school kitchen
- Fruit jellies
- Raisins

We've also added some cereal for breakfast to go with the milk and the spare slices of bread which you can toast in the morning.



Once you have the food bag it's time for your child to roll up their sleeves, wash their hands and get busy chopping, slicing, grating, spreading, mixing, toasting and baking....

Spend some time thinking about what you can make - what sandwich filling do you want?

- **Tuna** with salad cream and add some slices of **cucumber**.
- **Egg** (try shelling the egg - great fine motor practice for little fingers) chopped up with some tomato or mixed with some salad cream.
- Grate some **cheese** and some **carrot** and some finely chopped **spring onion** and mix with **salad cream** to make a delicious cheese savoury.



Is there a **baking potato** in the bag? Give it a scrub, dry it and prog it with a fork, then pop it into a hot oven and cook for an hour. Now think about a **filling**, would you like **cheese** or **tuna** perhaps some **beans**?

Instead of sandwiches try **beans** or **cheese on toast** - maybe even try to make a **toastie**. How about a **tuna melt**? Just mix some grated cheese into some tuna with a splash of salad cream and grill until bubbling.



Encourage your child to **chop up tomatoes**, **slice cucumber**, **grate cheese** and **carrot**, **prog a potato**, **spread butter** on the **bread**, **pour a glass of milk**, peel an **orange** or mash a **banana** - can you chop the fruit and make a **fruit salad**?

