



Food around the world

Over the next 6 weeks, we'd love for you to participate in teaching your child about healthy eating and exploring new food items. The overall aim at the end of the 6 weeks is for your child to have cooked a completely new dish and a recipe card to go along with it, whilst learning about the cultures behind foods from around the world and what healthy eating means.

Week 1 & 2 Food from around the world 	Over these 2 weeks, you and your child can explore world food items. You can find world food items in the named isles in Sainsburys and Asda, as well as independent shops that sell products from their own country. Whilst scoping out new world food items, you can discuss with your child about healthy eating, the benefits of trying new food and what you might like to try out of these new food items.
Week 3 & 4 Recipe cards 	For week 3 and 4, after deciding which food items you liked the look of, it would be lovely for you and your child to make a recipe card, ready for week 5 & 6 where they'll be challenged to make their own dish, using new food that they found in the shops last week.
Week 5 & 6 Making a dish 	To finish off the last 6 weeks, it would be lovely to use all your knowledge and skills to help your child create their very own dish! Using food from around the world and trying something new.

Throughout these 6 weeks, please send in pictures of your child going on trips or making meals, anything from the suggestions above. It would be lovely if we could also have the recipe cards so that we can try out the new recipes ourselves.