



Thornleigh West Public School
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6R Cook In A Box is an affordable way for primary schools to provide children with basic cookery skills enabling them to make healthy food choices for life!

Dear Parents and Caregivers,

This year 6R will be learning the basics of cooking. This is a great way to broaden their knowledge of nutritious food and nutrition in a practical way.

Get Kids Cooking @ school is a Science curriculum aligned, hands-on program that is measurable and builds knowledge of food, cooking and self-care. The skills and experience these lessons provide empowers students to instigate good eating habits that will equip them for a healthy future.

In the safe school environment, using our new portable kitchen, 6R will be involved in teacher-led classes helping children to learn and use a range of cooking skills to prepare, cook and eat healthy snacks and meals. Students can then transfer their knowledge to other cooking situations and recreate these dishes at home with confidence. Higher levels of cooking skills, nutritional awareness and food knowledge will be associated these lessons.

A four lesson pack includes the ingredients required, step by step instructions for teachers and students, instructional videos and recipe cards and the cost is \$15.00 which will be included in your Term 1 invoice. These are all meals using recyclable or reusable ware and orders will consider food allergies. There will be no peanuts in any meal packs.

An example of a meal is, Moroccan Couscous. The ingredients being; chickpeas, couscous, sunflower seeds, sultanas, spices and oil. The class will eat the food they cook for lunch that day.

We in 6R are so excited to be part of this new venture at Thornleigh West Public School and look forward to your child's participation.

Mrs Robinson
Teacher

Mrs Mamo
Principal

6R Cook In A Box

Thornleigh West Public School (Please return to class teacher by 23 February 2018)

I give permission for my child _____ of class _____ to join the Cook in A Box program.. I understand the cost is \$15 and will be included in the term invoice .

Listed below are specific medical requirements or other needs relevant to my child participating in the lessons.

Medical Condition (e.g. allergies, asthma)	Treatment plan or medication to be carried

Signed: _____ Date: _____