



The Iver Village Junior School

Believe. Achieve. Succeed Together.

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6th February 2020,

Dear Parents/Guardians

Humanities Cooking Lesson – 11th February 2020

We are excited to have the opportunity to cook this term as part of our Humanities topic 'Africa'. This term we have been studying the different regions of Africa and as part of our learning about Northern Africa we are going to be making a **Moroccan harira soup**. Your child will be involved in making soup in class and will have the opportunity to taste it in the afternoon.

Year 4 will be making **Moroccan harira soup** using the following ingredients:

- | | |
|------------------|-------------------------|
| 1. Vegetable oil | 8. Tomato passata |
| 2. Onions | 9. Vegetable stock cube |
| 3. Garlic | 10. Green lentils |
| 4. Turmeric | 11. Carrots |
| 5. Cumin | 12. Celery |
| 6. Cinnamon | 13. Sweet potato |
| 7. Red chillies | |

Please can you confirm that your child is allowed to take part and has no allergies to the ingredients stated above.

If you have any concerns, please discuss them with your child's class teacher.

Yours sincerely,

Miss Rowe and Miss Booth

Humanities Cooking Lesson

My Child: _____ Class : _____

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My child is allowed to participate and has no dietary/medical needs.

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My child is allowed to participate and has the following dietary/medical requirements:

Signed: _____ Date: _____
(Parent/Guardian)

