

PSHE week – February 2020  
Keeping healthy and safe



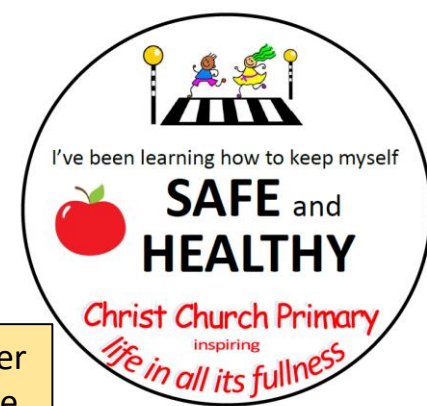
We had to chop up the tomatoes and cucumber, being very careful not to cut our fingers. We used the 'bridge' and 'claw' methods to keep our fingers safe!



We used iceberg lettuce, tomatoes, cucumber, pepper and croutons to create our salad and added a dressing of olive oil, yoghurt.

Reception, Years 2, 3 and 4 had a visit from 'Cook School'. We were taught how to create a yummy, crunchy salad, using lots of fresh, healthy ingredients.

Healthy Cooking



Year 5 and 6 visited another local primary school to use their cooking facilities.



We were lucky enough to attend Fitzjohns School to use their kitchen. We used the opportunity to cook a healthy and balanced meal - vegetable lasagne. We worked in teams to chop, prepare and roast vegetables, make a roux and make a tomato sauce. We then assembled the lasagne in individual portions. These will be completed at home by cooking at 180 degrees for 30-35 minutes.

