

Dear Parents and carers,

In our next project, A Cultural Horizon, we will be tasting, creating and evaluating Indian dips and dals.

Our first step in this process will be to taste and evaluate some existing Indian dips and chutneys to help inspire our flavour choices. This will be during our Design Technology lesson on **Wednesday 22<sup>nd</sup> April**.

In our tasting session, we will be trying plain poppadoms and plain naan bread (gluten free will be available) along with dips including the ingredients in the table below. As an outcome to this unit of learning, we will be designing and creating our very own Indian-inspired dish. On **Wednesday 13<sup>th</sup> May**, we will be making signature dishes for the children to cook and enjoy themselves. Please see ingredients below which will be provided by school.

Tasting session ingredients in dips/breads 22 <sup>nd</sup> April	Cooking ingredients (school provided) 13 <sup>th</sup> May	
Raita (yogurt) dip	<b>Lentil Dal ingredient</b>	<b>Raita dip</b>
Indian Inspired Dip Selection	Red lentils	Plain natural yogurt (dairy free available)
Mango chutney	vegetable oil	Mint
Mango	cumin seeds	Cucumber
Cornflour	onion	Salt
Onion	Chillies	
Chilli (mild)	ginger	
Pepper	garlic	
Mint	tomatoes	
Yoghurt	ground turmeric	
Oil	garam masala	
Flour	fresh coriander	
Tomato	ground coriander	
	coconut milk	

Please fill out and return the permission slip and clearly outline any allergens your child/children have. We are really looking forward to this project and seeing the children practise their culinary skills! If there are any further questions, please do not hesitate to talk to your class teacher.

Thank you for your support.

**Year 4 Team**

Child's name: \_\_\_\_\_ Class: \_\_\_\_\_

Allergies:

\_\_\_\_\_  
\_\_\_\_\_

I give permission for my child to participate in food tasting.

Signed(parent/carer): \_\_\_\_\_ Date: \_\_\_\_\_