



The English School (Curriculum británico)
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30th September 2021

Subject: Cooking workshop

Groups: Nursery to Year 8

Dear Parents,

We would like to inform you that from next Monday 4th October we shall start the cooking workshop. Tutors will tell you shortly, via the School Diary, the exact day the activity begins for your child's group. Following safety and hygiene reasons, as stipulated in the COVID-19 Protocol. During the workshop activity, children will work individually, handling only their own ingredients, as well as the utensils they will use. For this reason, the centre has amplified hygiene measures, including a rigorous disinfection during the activity and a greater number of materials and utensils available so that each child has their own set of items for the activity. As always, and now more than ever, it will be compulsory for all children to wear the cooking uniform with its cap during the cooking activity.

Every term our little chefs will make between five and seven recipes.
In Term 1 they will cook:

- ✓ Traditional hummus (chickpeas, olive oil, salt and tahini).
- ✓ Halloween mummies (slices of bread, tomato, black olives and cheese).
- ✓ Vegetable soup with noodles (celery, parsnip, carrot, potato and turnip).
- ✓ "Coca de mollitas" (traditional pastry snack from Alicante).
- ✓ Cake Pop with Christmas decoration.

All recipes will be made and tasted individually by the students in the cooking workshop itself. As always, in the case that a student has an allergy to any food, our chef will take it into account and adapt the recipe accordingly.

Kind regards,

The English School