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Dear Parents/Carers,

We would like to invite you to take part in an exciting project alongside 'Food for Life' Leicestershire focusing on helping children to be more confident in trying new foods. The project is called TastEd and members of our school teaching staff are currently all being trained on how to use the methods in our food technology lessons. The lessons are based on a sensory approach to food.

The TastEd team are offering 20 parents the chance to take part in a workshop which will practically introduce new tastes and smells that you can offer to your children at home.

The workshop will be on **Wednesday 5<sup>th</sup> October 2022 and will begin at 2pm**. The session will be finished in time for our school finish time.

Places will be allocated on a first come first served basis. If the workshop is popular we may be able to run another session later in the year.

Thank you,  
Mrs B Taylor

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Name ..... Child's Name .....

Child's Class .....

I am interested in attending the TastEd project workshop on Wednesday 5<sup>th</sup> October 2022.



See

Which is the Greenest?



Smell

Citrus Scratch and Sniff



Hear

Crunchy, Crunchier and  
Crunchiest



Touch

Touch Detectives



Taste

Carrots and Carrots?

