



We are Lidl Foodies



The Orchard and Meadow are taking part in an exciting year-long programme to encourage healthy eating habits, engagement and exploration of new foods and building connections between what is on our plate and where it comes from.

The programme is split into three parts

Lidl Tasters– Children will be given the opportunity to sample a variety of seasonal fruits and vegetables through play, art and through eating . Please note- no child will be made to try any food they do not wish to, they can still be involved with the sensory exploration and the naming and identifying new foods.

Lidl Growers– Children will select and grow their own fruits or vegetables in our class sensory garden and take part in an enterprise project. Where appropriate this will link to the children's science learning about plants in the spring term also.

Lidl Makers– Children will be able to harvest their own fruits and vegetables from the garden and chop and prepare/cook them in our school Cook it kitchen developing their fine motor skills and awareness of the origins of their food (where applicable/appropriate.)

We hope you will agree this is a fantastic opportunity and look forward to taking part. If you have any questions please do not hesitate to speak to a member of staff on the door.

Thank you for your continued support,

The Orchard/ Meadow team.

