

Unpacking Food



Dear Parents/Guardians,

Year 4 Workshop: 'Unpacking Food – The Gut Microbiome'

My name is Dr Lizzie Kerr and I will soon be visiting St Mary's to deliver an interactive workshop for the Year 4 children exploring the fascinating world of the gut microbiome.

During the session, children will learn about the trillions of bacteria that live in our gut and how they help support our health - from digestion and our immune system to our mood, our learning and even our behaviour! We will also explore the types of foods that help these beneficial bacteria thrive, particularly fibre-rich foods such as fruits, vegetables and wholegrains.

Children will have the opportunity to explore and taste a variety of fruits and vegetables, including some they may not have tried before, such as pickled beetroot. This will be done in a relaxed, low-pressure way, with children free to look, touch, smell or taste foods if they wish.

I will work closely with the school to ensure all allergies and intolerances are carefully managed. All food is prepared in my home kitchen following strict hygiene and allergen guidelines, and I hold a Level 5 Food Hygiene Rating.

We will also discuss the idea of "everyday foods" and "sometimes foods". This helps children understand which foods support our bodies every day, whilst recognising that foods we eat purely for enjoyment — such as chocolate — are also an important part of life too! Foods will not be labelled as "good" or "bad". The focus throughout will be on building curiosity, confidence and positive experiences with food.

If you have any questions, please feel free to contact the school.

Kind regards,
Dr Lizzie Kerr

www.unpackingfood.com