



Thursday 25th February

Y5 Topic Day and Food Technology

Dear Parents and Carers

Next Friday (March 6th), Year 5 will be having an Ancient Maya topic day. On this day we will be exploring more about the Ancient Maya and why we should remember them, as well as making the first steps of our food technology project. On this day, we would like everyone to wear Mayan colours if possible.

Key Mayan Colours and Symbolism:

- **Maya Blue (Ch'ak'ab):** Represented the sky, water, and the rain-god.
- **Red (Chak):** Symbolized blood, fire, and the sun's strength.
- **Yellow (K'an):** Associated with the sun, corn, fertility, and the south.
- **Green (Yax):** Represented vegetation, life, and, importantly, jade—a symbol of royalty, immortality, and power.
- **Black (Ik'):** Often used in contrast, to represent the west and night.

The food technology project links closely to the historical periods we focus on in Year 5 – the Ancient Maya and the Vikings. We are going to be planning recipes for making basic bread, a staple food for many civilisations and cultures. We will have another day later on in March for actually making the bread.

If we need to be aware of any dietary needs, please let me know. Our main ingredients will be different flours (wheat, oat and corn), vegetable oil, yeast and salt, as well as seeds (e.g. flax, sunflower or pumpkin).

Kind regards,
Mrs Rogers

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