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Wednesday 6th February

Dear Parents/Carers,

### Year 3 Healthy Eating Cookery

As part of our D&T unit for this half term themed around nutrition, we are planning to try out a Body Coach (Joe Wicks) recipe next week. We will be making chicken/vegetarian pie. This will also link with our Computing unit; in which we have been preparing Joe Wicks style exercise videos.

The recipe will contain filo pastry, cream, chicken and vegetables, with vegetarian options provided for children who do not eat meat. If your child has any dietary needs, please let us know by sending us a letter.

Children will be invited to take their pies home to share with their families. To enable this to happen, please ensure that your child has a labelled Tupperware box at school by Monday of next week. The size of a takeaway container will be fine. If your child does not have a container at school when we make the pie, they will sadly not be able to bring theirs home.

Kind regards,

Mrs Luck and Mrs Bones

Year 3 Teachers

