



Longmeadow Primary School

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7th May 2020

RE: Year 3 Bake Off

Dear parents and carers,

As you will already know, in Year 3 we have been learning about the food groups and how to create healthy, balanced meals for our diets.

Year 3 have decided to have a Bake Off to celebrate all of your hard work and let you show off your skills! Although we have called it a Bake Off, you are welcome to use any method of cooking that you like.

We would love for you to find or create a recipe (old or new) and use it to create a healthy meal, snack or drink (e.g. smoothie).

Remember to:

- Have an adult help you, especially when using any equipment
- Neatly present your meal, snack or drink
- Show us the recipe you used, even if you know it by heart or made it up
- Follow the instructions carefully
- Send us a picture or video and tell us how happy you are with your finished dish

You might want to use the Eatwell plate we have been using as a guide for deciding if a recipe will be healthy. You can find it in this link → <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Please send any recipes, pictures and videos of your finished dish to jhumbles@longmeadow.herts.sch.uk by Friday 15th May. We wish you the best of luck and hope you have lots of fun making your dishes!

Kind Regards,

The Longmeadow Team