

Dear Parents,

In our project, Fit and Fab, we will be tasting, creating and evaluating healthy rice salads to help the teachers make healthier choices with their eating.

Our first step in this process will be to taste and evaluate some existing rice salads to help inspire our flavour choices. This will be during our Design Technology lesson on **Tuesday 4th March**

As an outcome to this unit of learning, we will be creating our very own healthy rice salads. The salad will be made using the following ingredients:

- Plain basmati rice

A choice of seasonal vegetables such as:

- Carrots
- Courgettes
- Cucumbers
- Lettuce and other salad leaves
- New potatoes
- Peas and mangetout
- Radish
- Runner beans
- Spring onions
- Tomatoes
- Mint

Please let your class teacher know of any allergies or intolerances that we may not be aware of.

We are really looking forward to this outcome and seeing the children practise their culinary skills! If there are any further questions, please do not hesitate to talk to your class teacher.

Thank you for your support.

Year 3 Team