

Ref: Eat/RSC/LJ

22<sup>nd</sup> January 2025

Dear Parent/Carer,



**Bloxwich Academy**  
'Be The Best You Can Be'

As part of our '**Cook well, Eat well**' topic, Year 3 will be tasting, planning, preparing and cooking healthy and delicious meals/drinks.

During this topic we will learn about the importance of a healthy, balanced diet. We will also learn some vital life skills, such as creating and cooking healthy meals from scratch.

On **Thursday 30<sup>th</sup> January**, we will taste a variety of fruits and vegetables, from across the globe. We will use this to help us learn about where in the world our food comes from and make a healthy smoothie. If your child has any allergies to fruits, please inform their class teacher.

Across **Tuesday 28<sup>th</sup> January and Tuesday 4<sup>th</sup> February**, our children will take part in our very own version of **Ready, Steady, Cook**, by preparing their own winter soup from scratch! On this day, please allow your child to bring in one vegetable. Children will work in teams, using the vegetables brought in, to create their culinary masterpiece!

The two sessions will take place at our secondary site.

Thank you for your continued support,

Miss Jones, Mr Swift and Mrs Gandhi  
Year 3 Team

---

**Year 3 Secondary site visit – Tuesday 28<sup>th</sup> January & Tuesday 4<sup>th</sup> February**

Child's name: ..... Date:.....

I do/do not give permission for my child to attend the secondary site to take part in a cookery session.

Signed: ..... Print Name:.....

Relationship to Child: .....



Bloxwich Academy Primary  
Bloxwich Lane  
Bloxwich, Walsall  
West Midlands  
WS2 7JT



**Matrix**  
**Academy Trust**  
EDUCATION WITHOUT EXCEPTION

01922 710 226



Bloxwich Academy



@bloxwich\_academy



primarypostbox@bloxwichacademy.co.uk

