

South Farnborough Junior School

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Headteacher: Mrs J Byrne

17th April 2026

Year 3 DT – Making a Healthy Sandwich

Dear Parents/Carers

As part of our design technology project of designing a healthy sandwich, we are having a 'food tasting' session. This will occur next week from Tuesday 21st April. The children will be designing a healthy sandwich and they will have the opportunity to taste a range of different breads, spreads and fillings. The school will provide the food for this day. The children will record their preferences and share this with you.

All the children will be taking part unless we are notified in writing that you would like them to opt out. If you feel there are dietary requirements that the school are not already aware about, please do contact us beforehand. We will be trying foods such as: White and Brown Bread, Cucumber, Carrots, Hummus, and Ham.

Once the children have decided on their desired sandwich fillings we will be sending them home with a 'Shopping List' sticker at the end of next week. If you could provide these ingredients we would be most grateful. We have taught the children cutting and grating skills which means they will have the opportunity to use these with the ingredients they bring into school. They DO NOT need to be pre-cut or grated at home.

If you have any questions, please feel free to contact us via the school office.

Kind regards,

The Year 3 Team

