



Year 3 - A Day with the Ancient Egyptians

As out-of-school trips are a little difficult at the moment, we have arranged a virtual school trip with Norwich Castle Museum to teach Year 3 children about the ancient Egyptians in a fun, engaging way.

We would like to invite children to **come in to school dressed up as ancient Egyptians on Friday 23rd April**. Homemade costumes are best - think plain sheets, golden belts, beaded bracelets, eyeliner, and multi-coloured paper plate collars and headdresses!

Please have the children wear their school uniforms underneath their costumes if the weather is at all cold, as we are still having to keep windows open in the classrooms due to Covid-19 safety measures.

Attached are instructions for an ancient Egypt inspired packed lunch to bring in on the day. These are just suggestions and are completely optional.

The Year 3 Team

Lunch ideas

Transform your packed lunch into an Egyptian Feast!

Things to include in your Egyptian lunch:

- Bread
- Fish. Ancient Egyptians ate fish from the Nile
- Chicken, beef, or duck (all eaten by the richer Egyptians)
- Snacks such as figs, grapes, pomegranates, dates
- Cucumber
- Snacks and cakes sweetened with honey – oat bars, sponge cakes made with honey etc. No sugar allowed!
- Water or milk to drink

Things you must NOT include in your Egyptian lunch:

- Fizzy drinks
- Crisps
- Sweets
- Containers made of polythene, plastic or foil – instead, wrap your lunch in a brown paper bag or a cloth
- Drinks in bottles with screw top

