**What is the Short Family Cookery Course?**

**![C:\Users\leesh\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\D73LUL24\cartoon%20fruit[1].jpg]()**

**The Short Family Cookery Course is a family learning programme designed to help parents/carers focus on Healthy Eating in a fun way. Each week there is a focus on an aspect of Healthy Eating and an opportunity to make a Healthy Recipe with your child. You and your child will learn practical cooking skills and basic food hygiene.**

**Activities are carried out once a week. The activities will involve parents/carers and children working together.**

***Venue:* Westvale Study Room**

***Date:* Tuesday 20th June**

***Time:* 2:00pm- 3:00pm parents/carers**

**Children join in from 3:15pm – 4:00pm (Afterschool)**

**Your commitment**

* **To attend 3 sessions**
* **Each session lasts for approximately 2 Hours**
* **To try out simple recipes with your child in the session and at home.**
* **To try new foods and encourage your child to try new foods.**
* **Talk with, and listen to your child.**
* **A willingness to join in and have fun!**

**ALL RESOURCES AND INGREDIENTS NEEDED FOR THE SESSIONS WILL BE PROVIDED FREE OF CHARGE.**

Please return reply slip by Monday 19th June and a text will be sent to confirm your place Monday evening.

Many Thanks ☺

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 Yes, I am able to attend the short cookery course in Westvale on Tuesday 20th June

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Child’s Name and class:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_