



Dear Parents,

4 Week Make and Taste Cookery Course – Tuesday 1-3.30pm - June 2014

We are very pleased to offer an exciting **4 week cookery course** to all parents in our school.

Heart of England NHS Trust will be visiting school **on:**

Tuesday 3rd June

Tuesday 10th June

Tuesday 17th June

Tuesday 24th June.

The lessons last about two and a half hours which includes time for preparing and trying the food as well as washing up at the end of the sessions!

This interactive course aims to support families to make healthier choices with the food they eat. It will allow opportunity to taste a selection of quick and easy to make drinks and snacks, and offer practical advice around food hygiene.

The Workshop will commence at **1pm and is completely free of charge**. This is a worthwhile and informative session that I would encourage as many parents as can, to attend. There are a very limited number of spaces and these will be allocated on a 'first come first served' basis. Please note your commitment to the course must be for all four sessions.

Please indicate by returning the slip below, if you wish to attend this workshop.

Debbie Arnold

Debbie Arnold

Community and Family Mentor

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I wish to attend the **4 Week Make & Taste Workshop** in June (Tuesday 3rd, 10th, 17th, 24th).

Name.....

Name of Child..... Child's class.....

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