**Family Kitchen Active Space**

 **Autumn 1 term 2021**

**Course:** Family Kitchen/ Active Space (not accredited)

**Tutor:** Norma Miano

**Start date**: 21/09/2021

**End date:** 19/10/2021

**Day & time**: Tuesday 4.00-6.00pm

  **Course outline**

|  |  |  |
| --- | --- | --- |
| **Topic** | **Recipe** | **Healthy eating message**  |
| **Week 1****Introduction to the course** **Induction**  | Banana flapjacks and berry compote  | Importance of breakfast Look at cereals label |
| **Week 2****Eat well guide** | Rainbow pizza and carrot salad  | Discuss different food groups  |
| **Week 3** **Sugar content in everyday food**  | Coconut dahl and naan bread  | Discuss daily sugar cubes intake for all ages  |
| **Week 4** **Food labels reading**  | Cheesy scones with spinach hummus  | Discuss how to read food label with the traffic light card and compare different food nutrition values  |
| **Week 5** **Physical activity****Celebration and feedback** | Veggie burgers and spiced oven chips  | Practical tips on how to stay activeFree swimming lessons for families  |



 **Be Safe Online**

https://www.getsafeonline.org/

https://www.etflearners.org.uk



