**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**

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| **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 active  Free swimming lessons for families |



**Be Safe Online**

https://www.getsafeonline.org/

https://www.etflearners.org.uk



