



Cook It! Programme

What is it?	A 6-week nutrition & healthy eating programme
Who is it for?	Anyone who wants to develop their cooking skills & who is interested in healthy eating.
What will I do?	1 x Introduction session 4 x cookery sessions 1 x final information session
How much is it?	<u>Free of Charge</u>
Where & When?	In your workplace



Session Outlines



All sessions last for 1 hour 30mins

Session 1	Health on a plate - Introduction to Cook It!, the Balance of Good Health and Basic Food Hygiene
Session 2	Find out about fibre
Session 3	Fabulous Fruit & Veg
Session 4	Counting on calcium
Session 5	Protein Providers
Session 6	A little bit of what you fancy

Cooking sessions

- All participants will receive a Cook It! Apron & Chefs hat.

