

Cook Well to Eat Well

Dear parent / carer,

You are invited to attend “Cook Well to Eat Well” **free cooking sessions** at the secondary school campus, led by local chefs.

You will learn to cook several nutritious and filling dishes, and then eat the meal you created at the end of each session!

No matter how confident or otherwise you are in the kitchen there will be something new to learn for everyone.

Each session will be about an hour and a half and are held after school hours in the Food Technology classroom.

Pupils from Year 6 to Year 13 are very welcome to attend provided at least one parent or carer is also attending. Parents and carers are invited to attend without their children if they wish. There is no provision for children in Year 5 or below unfortunately.

The sessions are grouped into **three modules** as follows:

Module One : “How to Cook Well - Foundational Kitchen Skills”

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| 1 | Wed 25th September | 5.30pm-7pm |
| 2 | Wed 9th October | 5.30pm-7pm |
| 3 | Wed 23th October | 5.30pm-7pm |

Module Two : “How to Cook With Vegetables and Beans”

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| 1 | Wed 6 th November | 4.15pm -5.45pm |
| 2 | Wed 20 th November | 4.15pm -5.45pm |
| 3 | Wed 4 th December | 4.15pm -5.45pm |

Module Three : “How to Cook With Meat and Fish”

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| 1 | Wed 15 th January 2020 | 4.15pm -5.45pm |
| 2 | Wed 29 th January 2020 | 4.15pm -5.45pm |
| 3 | Wed 12 th February 2020 | 4.15pm -5.45pm |

Please choose which module you would like to attend.

If you would like to attend more than one module you may be able to attend depending on availability.

Numbers are limited so please **reserve your place now** by emailing info@machmaethlon.org, or calling Matt Swan (Edible Mach Maethlon coordinator) on 07747 065457.

There will be a celebration event held on Wed 26th Feb 2020, more details to come!