PUDDING & PIE

Food and nutrition classes for kids!

Dear Parents,

Your child is invited to attend a lunchtime cookery club.

Each session's primary focus is on fun, play and getting messy. They will learn about food safety and hygiene whilst creating from recipes. Each session consists of fun food related games, creating their own dish, tasting sessions and circle/socialisation time. Each session is highly interactive and lasts for 30 minutes to keep their attention going. They will have plenty of time to eat their lunch and have a play.

They will explore new tastes and learn the basics regarding the role of nutrition in the body.

Regardless of whether your child is a little fusspot or a budding chef this class does wonders for all! It works on their number skills, counting out amounts as well as builds confidence in creating their own creations from scratch (which they will bring home to show you!) They learn about the wonders of food and nutrition as well as learning to share with others.

The club is every Thursday lunchtime and costs **£8** each week

If you are interested in your child in attending the course please contact using the link below:

https://activities.bookpebble.co.uk/activity/pudding-pie-bicton-thursday-lunch-shrewsbury-3619d553-b86b-465a-b393-6894e924feb1

There are limited spaces as this is available for **12 children** only so please **book ASAP** to avoid disappointment!

Kind Regards

Nikki Talbot-Pudding & Pie Founder

www.puddingandpie.org.uk