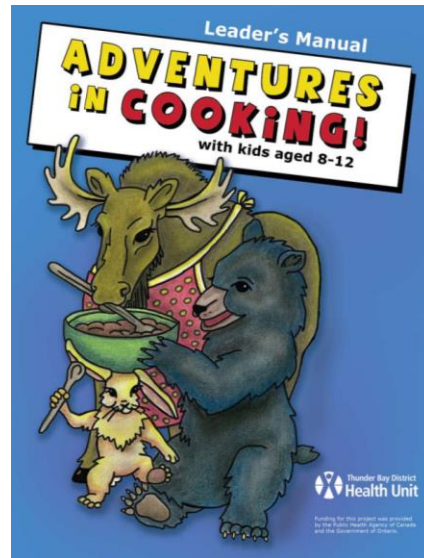


Adventures in Cooking

(ECE Session)

January 18th, 2017

9:30 - 11:30am @ the TBDHU Auditorium



Join Megan Bellinger, Public Health Dietitian from TBDHU, for a session about cooking with children, highlighting how to use the Adventures in Cooking Manual in your centre.

The Adventures in Cooking Manual is a tool that you can use to get children involved in the kitchen! It can help you teach children basic cooking skills, kitchen and food safety, encourage healthy eating behaviours and inspire children to try new things.

The manual was designed for use with children aged 8-12 years but can be modified for use with children of a variety of ages. It consists of ten lessons that include an educational component, as well as recipes to prepare a healthy meal.

This session will also include an opportunity to prepare recipes from the manual, as well as share tips and tricks you have for cooking with children.

To register, please contact Jodi
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