

Family Learning – Learning Together for Life



Big Cook



Little Cook Big



<p>Session 1</p>	<p><u>Magic Mealtimes</u></p> <ul style="list-style-type: none"> ◇ Find out what the course is about ◇ Meet the tutor and other members of the group ◇ Design your own Big Cook Little Cook recipe book ◇ Why are mealtimes important? ◇ Learn how to teach your child about healthy foods
<p>Session 2</p>	<p><u>Big Breakfast</u></p> <ul style="list-style-type: none"> ◇ Discover fun ways to teach your child about measures in cooking ◇ Make a tasty breakfast ◇ Share the story of Goldilocks and the three bears with your child
<p>Session 3</p>	<p><u>Luscious Lunch</u></p> <ul style="list-style-type: none"> ◇ Learn how to make bread ◇ Share the story The Little Red Hen to teach your child about making bread
<p>Session 4</p>	<p><u>Delicious Dinner</u></p> <ul style="list-style-type: none"> ◇ Chop vegetables together to make a delicious dinner ◇ Explore the taste and smells of spices ◇ Share the story Oliver's Vegetables with your child
<p>Session 5</p>	<p><u>Super Snacks</u></p> <ul style="list-style-type: none"> ◇ Taste exotic fruits ◇ Make fruit kebabs and a healthy dip ◇ Share the story Handa's Surprise to introduce different fruits to your child

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