

# NHS LIFESTYLE HUB Group 2

WORKSHOP 1 06-11-19  
BREAKFASTS.

- Great ideas for healthy eating options
- varied, easy to cook recipes
- makes healthy eating more interesting.

Loved doing  
Breakfast BANANA  
SANDWICH TRAY/ EGG  
CAKE LOOKED  
LOVELY FOR LUNCH  
TIME  
6/11/19 MARYANN

I learnt new recipes  
that are easy to make

😊

Liv

06/11/19

Yvonne B

- \* Enjoyed my first session
- \* Recipes were lovely
- \* Nice to taste what each individual made
- \* Pleasant group
- \* loved the interaction

Cool Night 😊  
enjoyed myself  
& the company met  
😊 looking forward  
to next week  
will cook Tray baked  
egg for wife & family  
at weekend 😊