

# NUS LIFESTYLE HUB GROUP 2

## WORKSHOP 2

### LUNCHES + SNACKS.

↳ I've learnt healthy recipes that I can use as alternatives to quick unhealthy meals

↳ The social aspect encourages healthy conversations and advice for staying on track

↳ encourages a healthy attitude towards food

↳ proves that cooking healthy meals doesn't have to be boring and bland  
😊

To me this course has been invaluable. I have learnt so much about ingredients + food preparation. I have really enjoyed the social side + camaraderie. It has built my confidence + I only wish it

was longer

Steve Flint

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### LUNCHES + SNACKS

I like the social  
interaction

Everyone works  
well in a team

lovely interactive

Very helpful staff

Recipes were  
tasty and great  
idea for doing at  
home

- Again a brilliant  
night.

- fab ideas for lunch  
that are so tasty it's  
hard to believe it  
healthy

- Has helped me in  
getting the creative  
thinking started.

Enjoyed again ☺

All good Simply  
easy to prepare  
& cook food...!

Looking forward to  
next week  
Gary ☺