

# NHS LIFESTYLE WUB GROUP 2

WORKSHOP 3 20.11.19

MAIN MEALS.

20-11-19

- the workshops have inspired me to be more creative and cook from scratch. The children are very pleased.

- Have done the tortilla pizzas at home with the family.

20/11/19.

- picking up really good tips.

- like the variety of dishes we do

- very supportive atmosphere.

20/11/19. Mary

CALIFORNIA RICE

Looks lovely

enjoyed it all

Cooking

20/11/19 Mary

Bean Pasta Bake

Made it was

EASY ~~Really~~ Res

to do lovely

Turn out

NHS LIFESTYLE HUB GROUP  
WORKSHOP 3 20.11.19  
MAIN MEALS

Good recipes -  
great taste.  
Will try some of  
the recipes at  
home  
Very helpful tutors

20/11/19  
Cooked Turkey  
Noodles at the  
weekend used  
chicken instead  
Added mushrooms  
fed family of 4 &  
took rest to work. 11  
for 3 days Gary

I've used the wrap  
recipe for my lunch  
which I take to sixth  
form instead of buying  
food in town

20/11/19

I learnt how easy  
it is to cook roast  
vegetables which are  
also really tasty

;

26/11/19