

NHS LIFESTYLE HUB GROUP 2  
WORKSHOP 4 27.11.19  
READY, STEADY COOK

All good fun! 😊  
Been cooking from  
scratch at home  
Never done before  
will continue now  
new knowledge &  
confidence Gary 27/11

27/11/19 MARY  
EDWARDS  
Today did not know  
WHAT WE WAS COOKING  
IT WAS VERY  
INTERESTING TO DO THAT  
AS THE ~~ITEM~~ WAS  
SURPRICED ENJOYED  
EVERY MOMENT  
ROASTED VEG.

Have cooked  
every weekend  
now after each  
class 😊 feeding  
family of 4  
Gary 😊 27/11

Cooked Chicken/alfredo  
at the weekend.  
left out the chillies  
for the wife & eldest.  
Then added crushed  
chillies for me & my  
youngest All happy  
Gary 😊 - 27/11

27/11/19  
Today's session  
very creative.  
Great to cook a  
meal from scratch

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READY, STEADY, COOK

- 27/11/19
- The organisers were superb. Informative, friendly and supportive

- 27/11/19
- Cooking from scratch creatively was great fun.
  - Will now look forward to cooking at home and have more confidence

- 27/11/19
- the kids will be glad that I don't burn things anymore!
  - Feel like I have more healthy and tasty recipes.

- 27/11/19
- I've learnt how to be resourceful with different foods and make a meal out of them
  - I've found support in other people and bounced recipe ideas off each other