



COOKING FOR YOUR KIDS

As a busy working mum with over a decade's experience of feeding babies, toddlers, children and now teenagers of all shapes, sizes and levels of food fussiness, this class is designed to give you lots of great, quick, nutritious ideas for cooking for your kids.

I know that for most parents, mealtimes are hectic, children are fussy, and while the idea of planning menus ahead is sensible, few of us manage it. Over the years, I've built up a repertoire of failsafe meals that can be made from staples that most of us have in the fridge, freezer or cupboard, and that kids love.

Sign up for Forkful's "Cooking for your Kids" class and we'll show you a wide range of nutritious, straightforward meal ideas encompassing fish, meat, and vegetarian recipes, as well as sweet treats (that aren't quite as sugar-packed as they taste).

You will get to take home a recipe pack that not only includes all the dishes demonstrated on the day, but additional variations on the skills and dishes you have learned.

DETAILS:

2 hour classes take place on Tuesday mornings at Forkful HQ in small groups of a maximum of 6 people. Alternatively, if you get a group of 4 or more friends together, classes can be held in your own home, daytime or evening.

Cost: £30 per head (minimum 4 people per class)