



Healthy Eating Workshop

The aim of the morning was to educate us, to educate our children in making healthy food choices. I feel this was achieved. I found the morning to be very informative and interesting particularly about the portion sizes to give a child. I also discovered that having 3 glasses of orange juice a day does not count as 3 portions of fruit, it is just 1! Making the healthy snacks at the end was good and we all had a lovely lunch to take away with us.

The only way I think the morning could have been improved would have been to give us some more ideas for healthier foods in packed lunch boxes. I need inspiration to get more vegetables into my son's lunch box in appealing ways.

Jenny Elliott

