

Ready Steady Cook

'Ready Steady Cook for kids' programme is a new initiative I started last year. This was a great success; 12 young people took part that learned about healthy recipes, they adapted the normal food and cooked healthy and tasty. On the last session they cooked their own healthy meal and brought it to taste and talk about. They were a very keen group and actually wanted to do nutrition and cooking for homework.



Information about fruit



Club leader demonstrating



The children in action



The final result