



YoungCANCook –

Parent & Child Cooking Sessions

An inspiring & interactive 2-hour cooking session for Dads & Daughters, Mums & Sons, friends & family, we all need to cook & it's a great chance to bond the generations...

We love to encourage folk away from technology and into the kitchen kitchen making dishes which are healthy & appeal to young taste-buds, the experience is empowering as well as resourceful & will open both their minds & taste-buds! Truly the skills that last a lifetime.

Getting families into the kitchen and cooking together increases the chances of them trying & eating new foods, gaining an understanding of healthier-yet cool-alternatives and realizing how cheap it can be too! They'll definitely feel a richly deserved sense of pride and what better way to start them off towards independent living!

YoungCANCook is a memorable activity to bond with your Young Cooks...and enjoy some wonderfully tasty, healthy food too.

Sessions £55 per pair or buy all 6 sessions & the get the 6th half price!

Please email tracey@crackinggoodfood.org

www.crackinggoodfood.org



UPCOMING DATES

Date	Under 11s	Over 11s	What's on the menu?	Cookery School
28 Jan	Goujons (fish fingers) with home-made tomato sauce & sweet potato wedges	Thai fish cakes with chili sauce & spicy greens	Fish	Chorlton
11 Feb	Quesadillas (v) with salsa & salad	Quesadillas with refried beans & beef chili with chocolate	Mexican	Didsbury
11 March	Oodles of Noodles (v)	Upbeat noodles, ramen & pho (v)	Asian	Chorlton
1 April	Meatballs & sauce	Lasagne: Meat/Veg	Italian	Didsbury
6 May	Gram flour pancakes & savoury fillings (v)	Chicken/Veg curry with chapatti & rice	Spice on a Budget	Didsbury
3 June	Sweet & Sour chicken/veg with crispy seaweed	Sweet & sour chicken/veg with rice, summer rolls & crispy seaweed	Chinese	Chorlton

All equipment and food is provided.