

Fun with Food

At Stopsley Primary School, Hitchin Road, Luton. LU2 7UG

A course for parents and carers with children in **Key Stage 2** to help you find out what a balanced diet should look like. You will have the opportunity to:

- ◆ Learn about the different food groups and their importance to a healthy diet.
- ◆ Gather ideas about dealing with fussy eating and introducing young children to a variety of food.
- ◆ Enjoy preparing food with your child.



The course is free

Taster session: Monday 30th September 1.15—3.15pm

Course starts: Monday 7th October

Time: 1.15—3.15pm

Course ends: Monday 25th November

Spaces are limited and on a first come first served basis. If you have childcare issues that will stop you attending the course please speak to your family worker.

Please return the slip below to your family worker.

✂

I am interested in the course and will be attending the taster session on:

Monday 30th September at 1.15pm

My name

My contact number

My child's name / class/.....

Luton Adult Learning

Thinking about learning opportunities after your family learning course?

Luton Adult Learning is your community provider offering a range of courses including:

- English
- Maths
- ICT
- ESOL
- Childcare
- Supporting Teaching and Learning in Schools
- Apprenticeships

Graded Good by Ofsted we offer high quality teaching and learning in a friendly and supportive environment.

For more information, visit our website:

www.lutonacl.ac.uk

Or call us on:

01582 490033

www.lutonacl.ac.uk