



Article 24: You have the right to the best health possible and to medical care and information.

Children and Parents Cook-along

Fridays 1.30-2.30 pm at Giffnock Primary

We would like to invite you to come along to our cookery drop-ins.

Every Friday for 4 weeks, we will be trying a different cooking experience. This is for parents/carers and children to further learn healthy cooking together. You may even try out some new ideas and foods to then take home and give it a go yourselves!

We will make up a healthy menu and prepare the meal together. Each family will receive a recipe and goody bag of ingredients.

Places will be limited and may therefore have to be on a first come, first served basis. Please sign for one date only for you and your child to come for one cookery session.

Please return this form below to the school office for Monday 30th October 2017

We will then contact you to confirm your place. Thank you.

Friday and date	Cookery club recipe	130pm -2.30pm	Sign for your favourite
10.11.17	Quesadillas		
17.11.17	Cous Cous & Roast Vegetables with Feta Cheese		
24.11.17	Pizza		
1.12.17	Raspberry Muffins		

Child's name & class.....

We would like to come to the session indicated

Signed (parent).....