



**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.**

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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).....