UNIVERSITY<sup>OF</sup> BIRMINGHAM **WAVES** 

## WAVES study intervention Cooking workshop



As part of the University of Birmingham's WAVES study, this year we will be running 3 **workshop** sessions to teach children how to choose, prepare, cook and enjoy healthy meals.

To support the children's learning, we would like to invite a family member to attend the sessions.

The next workshop will focus on <b>snacks and lunch</b> :	
CLASS	
DATE	
TIME	