

Healthy Eating Cooking Workshop

Ivybridge were very lucky to take part in a fantastic cooking workshop led by Maximus as part of the Healthy Hounslow programme. Maximus visited our school and worked with all the children in Key Stage 2.

First, they demonstrated how to cook a delicious and healthy chickpea curry then children had the opportunity to take part in the cooking themselves. They learned about the ingredients used in the curry, practised important food preparation skills and discovered how healthy meals can be both nutritious and tasty. It was a fantastic experience that encouraged everyone to think about healthy eating and trying new foods. A big thank you to Maximus and Healthy Hounslow for providing such an enjoyable and educational workshop for our Key Stage 2 pupils.

