



## COOK4LIFE—TRAIN THE TRAINER

### Free virtual training opportunity

**FREE** training for staff and volunteers working with children and families in Tameside.

Suitable for any staff or volunteers working with children, young people and families who are looking to run a cooking club. Training is run over 5 weekly sessions by the Children's Nutrition Team.

#### Current dates:

TBC



#### What does the training cover

- How to run a cooking course for children, young people and families.
- How to be an effective cooking skills trainer
- Promoting Healthy Eating and Lifestyles in your setting.
- Basics of food hygiene and kitchen safety.
- Interpretation of Food Labels.
- Recipe planning.
- Cooking simple recipes
- Healthy Eating on a low income.

For more information and to register for a future place, please contact the Children's Nutrition Team

on 0161 366 3920/2351 or email us at [childrensnutrition@tgh.nhs.uk](mailto:childrensnutrition@tgh.nhs.uk)

