



Newsletter



Eatsamazing

An array of recipes for kids, everything from breakfast, lunch, dinner, side dishes, snacks, parties... put your feet up and get the kids to cook!

[eatsamazing](http://eatsamazing.com)



Hapi Cook-a-Long

We can't get enough of Richard Shaw's recipes and simple hints and tips to make everyday cooking so much easier and fun to do with children.

Follow him on Facebook and You Tube



Change 4 life

Make a change today with *Change4Life!* Discover sugar swaps, healthy recipes, nutritional advice, and top tips and activities to help your kids stay healthy.

C4L

[Great Grub Club](#)



Home · Grow it · Know it · Move it · Cook it · Play it. Share +. Just for grown ups! Welcome to. Fruit and vegetables. A-Z of fruit and veg. Learn fun facts about food and more all in one place...

FSM cooking on a budget

WLGA have produced some helpful leaflets for FSM families who are receiving their FSM payments. The leaflets give ideas for meal planning and helping the shopping go that bit further with hungry mouths to feed.



- Eat well spend less - Covid 19
- WLGA leaflet for schools

[WCBC Health & Wellbeing - Covid 19](#)



Looking for some more inspiration?

[Tesco Kids recipes](#)

For younger ones....



Over the last few months I have been 'fortunate' enough to watch quite a few children's TV programmes. Its actually been great to see there are some fantastic cooking programmes out there for younger children, and educational too. Here are a few to inspire all small chefs - our favorite by far is 'My World Kitchen' - young or old- i'm sure you'll be hooked as well as inspired!

[I can cook](#)

[My World Kitchen](#)

And finally.....

Radio Times Food and Drink Questions

1. What is James Bond's favourite tippie?
2. What is the most consumed manufactured drink in the world?
3. What type of pasta has a name meaning "little worms"?
4. What type of pastry are profiteroles made out of?
5. From which type of flower does a vanilla pod come?
6. Which nuts are used in marzipan?
7. Which bakery launched a sell-out vegan sausage roll in January 2019?
8. What type of food is Pumpernickel?
9. What is the best selling flavour of soup in the UK?
10. Calamari is a dish made from which animal?
11. Which foul-mouthed chef hosted the Kitchen Nightmares series?
12. Which bread ingredient causes it to rise?
13. Aduki, borlotti and cannellini are types of what?
14. What is the most expensive spice in the world by weight?
15. What spirit is mixed with ginger beer in a Moscow mule?
16. What year did the first McDonald's store open?
17. What are the real names of the Hairy Bikers?
18. Which pungent plant has its own festival held on the Isle of Wight every year?
19. How many calories does a glass of water contain?
20. Who is replacing Sandi Toksvig as host of The Great British Bake Off for the 2020 series?
21. Grenadine is obtained from which fruit?
22. Gluten is found in which cereal grain?
23. Which fast-food franchise has the largest number of restaurants in the world?
24. What French city does bouillabaisse originate from?
25. What type of wheat is used to make pasta?
26. What is the British name for a zucchini?
27. In which country will you find wine-growing region the Yarra Valley?
28. How many bottles of champagne are there in a magnum?
29. Deer meat is known by what name?
30. Bacardi is what type of spirit?

Toddler Dinnertime: A Resolution in Rhyme

I really don't love cooking,
But I really do love you.
For you I would do anything,
Even learn to cook a stew.

In my head I keep a list
Of foods that you prefer.
I know you like to help,
So I always let you stir.

I cook for health and taste,
Put a rainbow on your plate.
I time it oh so carefully,
Not too early, not too late.

Finally the moment comes
To call you to your chair.
We start the meal with such high hopes
But soon there comes despair.

It makes your mama sad
To see salmon on the floor;
Mashed potato on the walls,
Peas rolling out the door.

I know that before bedtime
You just want to have more fun.
But you haven't even had one bite,
When I hear you shout "All done!"

So I've decided in the future,
I'm going to save my time.
You can have a sandwich.
Mummy's having wine.

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