



CATER^{ed} proudly presents: Ed's Super Fantastic Foodie Workshops

This year we will be running interactive children engagement sessions throughout the 3 days of Flavour Fest.

Starting at **10.30am** until **3pm** daily on **Friday 1st, Saturday 2nd and Sunday 3rd June** in Plymouth City Centre we will be running one-hour food and cookery sessions.

Kids can get hands on making fresh fruit smoothies and dips, have a go at making their own burger, see demonstrations from our school catering teams cooking with vegetables and learn all about sugar in their food.

We'll be in the Children's Engagement Marquee right next to the Sundial.

Come and meet Ed & CATE during the 3 days!

All primary school-aged children are welcome to come and enjoy a session. Younger children can participate but we ask that parents remain with their children.

10.30am	Smashing Smoothies	1pm	Sweet Enough
11.00am	Brilliant Burgers	1.30pm	Smashing Smoothies
11.30am	Delicious Dips	2.00pm	Brilliant Burgers
12 noon	That can't be Vegetables!	2.30pm	Delicious Dips
12.30pm	Biscuit Decorating	3.00pm	That can't be Vegetables!

CATER^{ed} – Feeding Ambitions – Making a Difference – Every Child Every Time

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