

Youth Cookery Nourish ED – Course Outline

Partner Organisation: Spiritus

Date: 15th April – 13th May 2024

Times: 10:00am – 12:00midday

	Session 1	Session 2	Session 3	Session 4	Session 5
Education Content	Food Waste and Sustainability	Eatwell Guide and Balance Diets	Food Storage and Safety	Nutrition Labels	Meal Planning and Budgeting
Recipe*	Omelette and three-way Mexican Beans	Vegetable Risotto and Flat Bread	Hidden Vegetable Macaroni Cheese	Rainbow Stir fry and Corn fritters	Banana Bread and Chocolate Peanut Butter Energy Balls

**Recipes are dependent on availability of ingredients and may be swapped for a suitable alternative.*