

# Eat beautiful!



During the Autumn term year 4 Tiger class and lion class did a Itsu workshop on cooking. They were told instructions on washing our hands grating, cutting, peeling the vegetables to make. They explored healthy eating and a good attitude towards it and at the end they also got a mini menu that taught them how to make different foods. Why they did it is

because they needed to learn how healthy food works and what is good to eat.

The ingredients they used we used were:

- Red pepper
- Courget
- Edamame beans
- Coriander
- Spring onions
- Carrot

At the end there was a spectacular competition where they had to make boxes of vegetables for their rainbow ramen and there were three awards. The rainbow award, the precision award and the all rounder award! IT WAS AWESOME!!! The winners in tiger class were Raewyn, Sadiq and Khalil and the winners in lion class were ayman, luella and sofia.

**Eat beautiful!**