



## COMPETITION TIME - MAKE A HEALTHY MEAL!

*Win a prize... an invitation to our parent and child cooking masterclass; You'll take away the food you prepare... wholemeal flatbreads, harissa spiced lamb, whipped feta and tabbouleh, and a fresh fruit Pavlova. You'll also receive an embroidered apron.*

Just take a photo of a healthy dish/ meal you have made from scratch, and send to [egoodson@combertonvc.org](mailto:egoodson@combertonvc.org)

It can be a starter, main course or dessert (or a complete meal!). Let us know what it is and why it's healthy- e.g. did you make healthy ingredient swaps or change the cooking method?

Tips for success: Take a close up photo of your dish in good lighting. Think about presentation and adding decorative touches or garnishes

Think about the Eatwell Guide and the proportions of food groups that we should eat, as well as limiting processed meat, increasing fibre etc. Closing date Monday 28<sup>th</sup> June.