

## Recent tasters at Hele Hub Community Interest Company in Torquay & Teignmouth

### **Cooking healthily – parents and children.**

Fathers learned how to cook healthy dishes for their children and then enjoyed eating them! Several learners said they wanted to go on to do Food Hygiene courses or NVQ Food Processing. Many said they wanted to learn more through reading or television and do more cooking at home with a healthier approach.

