



# Milborne MasterChef

To celebrate Healthy Eating Week 2021, we are inviting you to take part in our very own Milborne MasterChef challenge!

Please help your children to plan and make a healthy dish, this could be a yummy smoothie or a 3 course meal for any budding chefs out there! The focus should be on creating a rainbow meal with as many colours as possible, which is the best way to get as many precious nutrients into every meal.

Share your pictures on Tapestry so we can celebrate. There will be a prize drawn at random from the list of anyone who enters.

Get cooking and enjoy sharing this wonderful experience. For tips and inspiration and a whole lot of brilliant information, including healthy eating on a budget, visit <https://www.nutrition.org.uk/healthyliving/hew.html>