

C2C 6 Week Lesson Plans

Week	Theme/Activity	Topic to be covered
1	Soup - Seasonal	Eat Well Plate – Food groups & getting balance right (Part1)
2	Mince Dish	Eat Well Plate – Fat/Sugar/ Convenience foods and healthier choices (Part2)
3	Chicken Dish	Fluid / Alcohol/ Caffeine
4	Fish Dish	Physical Activity + Oral Health
5	Desserts / Home baking	Healthy Eating on a budget/Budgeting tips+ non-cook/ microwave/ kettle recipes
6	Ready Steady Cook Session	Food labelling / Ingredients list

Food hygiene will be part of each week accordingly to food prepared.

Different ages and stages info will be provided to facilitator as a handout and can be used if relevant to their groups.