

# Ditch the Junk!



During January and February 2008, 8 local Downham parents attended "Ditch the Junk"; a 6 week course discussing a range of current nutrition issues and cooking healthy dishes

The course was funded by Community Education Lewisham, and delivered in partnership between Downham Nutrition Partnership and the Preschool Learning Alliance.

Parents learned about;

- Health and Nutrition
- Sugar, Additives and E numbers
- Reading Food Labels
- Healthy packed lunches
- Getting active

For the final session, parents went on a ramble to Knowle Park, Sevenoaks. This was a fun day out, including a healthy picnic!

During the 6 weeks, the parents cooked;

- Pizzas
- Kebabs
- Fish cakes
- Apple and carrot muffins
- Quick hummus
- Vegetarian "sausage" rolls
- Tabouleh



These recipes can be found in the "recipes" section of the website

