



Healthy Cooking for Primary Schools: Book 1

Sandra Mulvany

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Healthy Cooking for Primary Schools, Book 1 contains 12 easy-to-follow, photocopiable recipes to encourage pupils to become lifelong healthy eaters. The recipes are presented in both a traditional recipe format and in a visual, step-by-step format, to suit pupils of differing reading abilities. All the recipes have been tried, tested and enjoyed by pupils in the author's school. The recipes include Fruit Salad, Pitta Bread Filling, Chinese Noodle Soup, and Welsh Rarebit.

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