

# HEALTHY EATING WORKSHOP

Do you  
know your  
food



What  
makes a  
meal ?

How many fruit  
and vegetables  
do you need to  
eat each day?

What is an eat  
well plate

Learn about  
finger foods?

Come along and find answers to these questions

St Paul's Trust Children's Centre will be hosting a Health Eating Workshop at The Muath Trust on Wednesday 11th July 2018

10.00am—12.00noon

Birmingham  
**forward**  
steps  
The best start for our children

Delivered by:

St. Paul's Community  
Development Trust



Working for  
the Community

The  
**Muath**  
أمانة معاذ الخيرية Trust