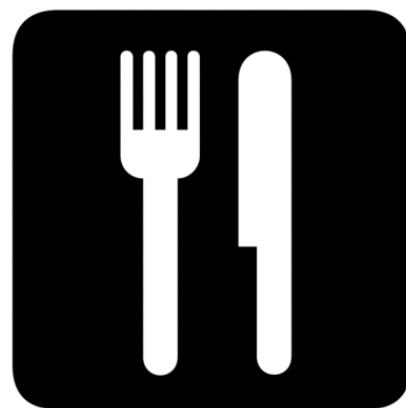
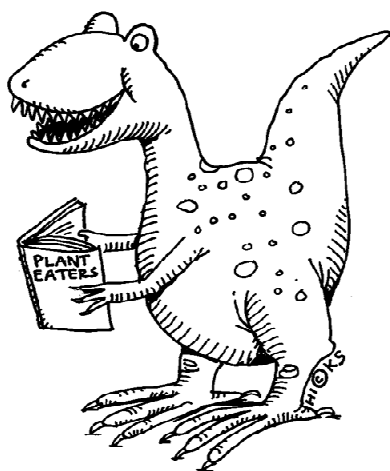


COUTURE

@ Stockwood Discovery Centre



kid's menu



Dino Box - £4.50

- Ham, cheese, egg or tuna sandwich
- Wild Water kids drink
- Piece of fresh fruit
- Slice of flapjack

Simple Sandwiches - £2.50

- Ham, cheese, egg or tuna

Hot Meals - £3.95

- Chicken fillet
- Sausages
- Baked gammon
- Leek & cheese crumble

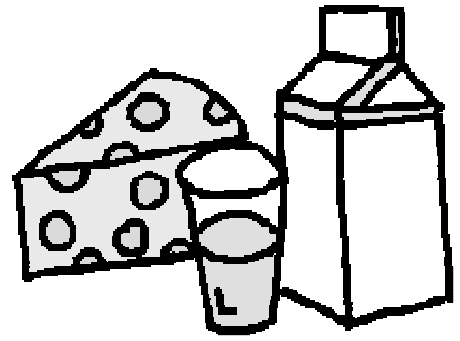
All available with:

- Mashed potato, new potatoes or potato wedges
- Vegetables or simple green salad

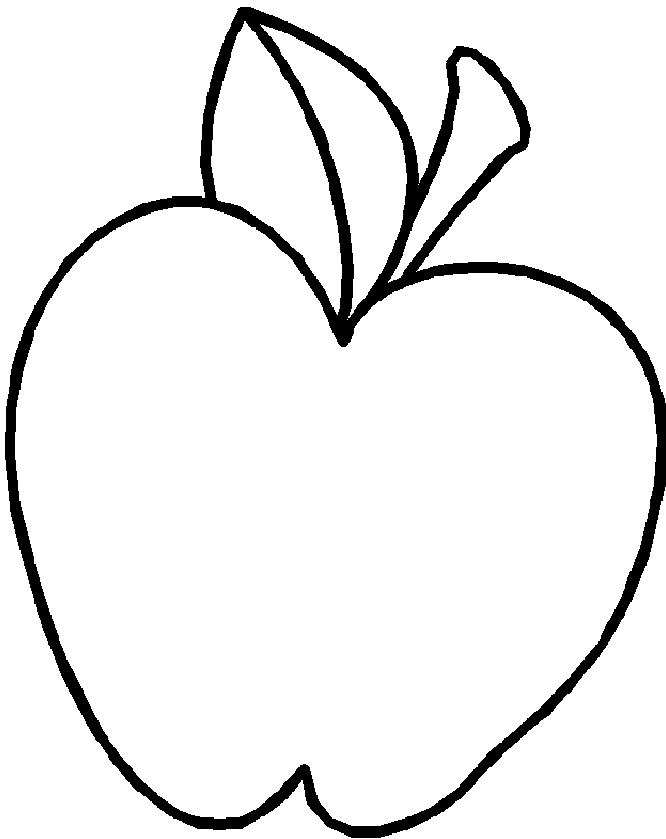


Top healthy tips for kids (and adults!!!)

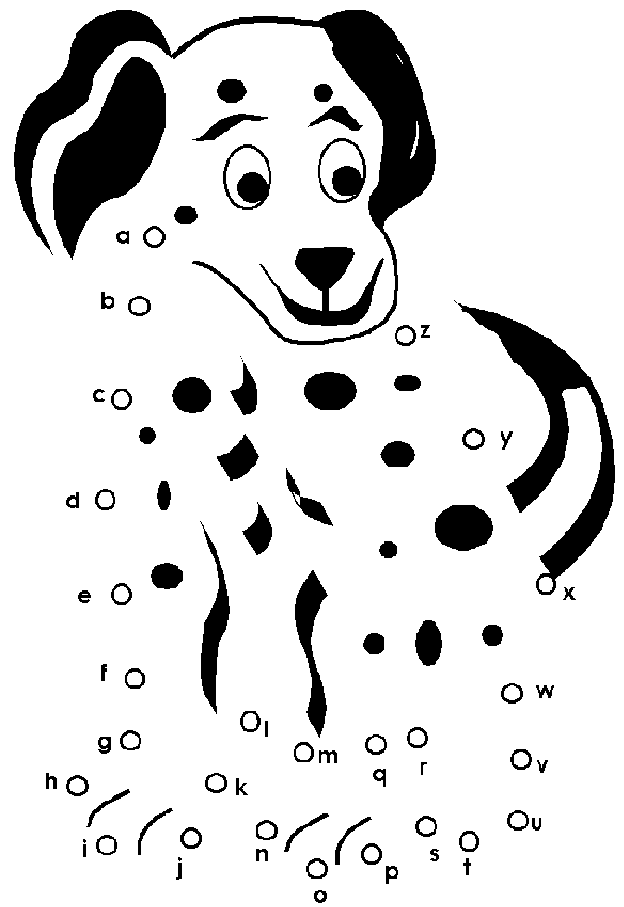
1. Enjoy variety
2. Eat breakfast every day
3. Enjoy more fruit & vegetables
4. Eat more bread, pasta, rice, cereals & potatoes
5. Build strong bones
6. Eat regular meals
7. Snack smart
8. Quench your thirst
9. Be active
10. Look after your teeth



Colour me in...



Join the dots...



Basic Table Manners...



1. Eat with a fork unless the food is meant to be eaten with fingers. Only babies eat with fingers.
2. Don't stuff your mouth full of food, it looks gross and you could choke.
3. Chew with your mouth closed.
4. Always say thank you when you are served something.
5. Wait until everyone is served before eating.
6. Eat slowly, don't gobble up your food.
7. Don't reach over someone's plate for something, ask for the item to be passed to you.
8. Do not pick anything out of your teeth, it's gross.