



Phunky Foods

Children, friends and parents gathered together for our inaugural Phunky Food session to learn about the Eatwell Plate and find out how to make **Supercrunch Pudding**



Wendy from Phunky Foods, told us all about proteins, fats, minerals and vitamins. Then we were all given cards with different foods on and had to try and sort them.



Wendy told us it was healthier to eat brown bread and rice as this gave us fibre, which helped us go to the toilet!

After we had sorted all the cards we had the opportunity to make our pudding. We needed to chop some fruit and add some yoghurt and honey and then we had a choice of 3 different granola. The general consensus was

Yummy



Can we do this again?



I've found the answers on the back of the card.

I love the dessert, it was delicious.

I'm going to have a go at this at home.

Why not follow the link below and try it out yourself?

<http://www.phunkyfoods.co.uk/recipe/supercrunch-cold-pudding/>