

Perfect Pancakes at Tesco!

Savoury pancakes were on the menu for me and youngsters from MK at Tesco's Kingston store for the "Eat Happy Project".

The 5-7 year olds (and I!) learnt vital cooking skills in how to make healthy balanced meals in the new series of cooking courses taking place in the Kingston store. The Farm to Fork Cooking course, aims to get children interested in where their food comes from and understand the importance of healthy eating.

It was great to see the children experience the importance of food and the Tesco Eat Happy Project is a fantastic initiative to get children interested nutrition. Â Annabelle, The Children's Food Trust home economist really engaged with the children and the pancakes were rather tasty too!