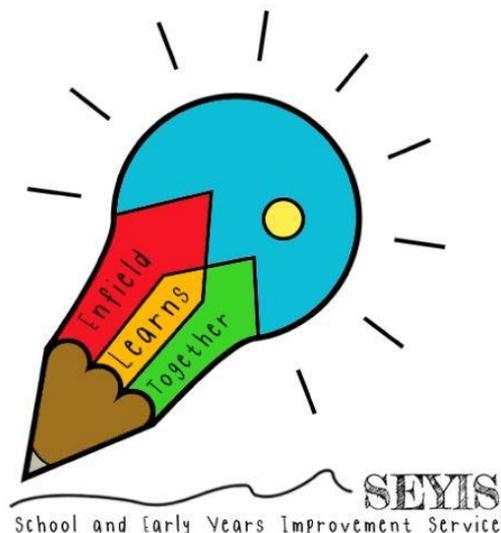


Family Time

Activities for all the family

Work together

Have fun!



Enfield School and Early Years Improvement Service are suggesting a range of activities that families, big and small can do together.

Become a chef

Look at Change4Life website <https://www.nhs.uk/change4life/recipes> , choose some tasty dishes, make a menu for a few days and enjoy cooking and eating some healthy meals together.

You might want to make a shopping list, write menu cards, lay the table. Choose your roles – head chef, assistant chef, waiter, food reviewer etc. Everyone can tidy up together!