



C/o Sports & Community Centre
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Transforming lives - one meal at a time!

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Cool Food Dudes! - Event activities:

Cook & Taste Demonstrations.

Cook and taste presentations designed to inspire everyone to get into the kitchen and cook! Delicious healthy dishes created from locally available ingredients using the convenience, speed and control of microwave cooking.

Our range of recipes include; stunning soups, 'fuss free' risotto's, fragrant curries and nice but (not so) naughty desserts.

These can be delivered as either timed sessions or a rolling programme.



The Cool Green Smoothie Machine.

Our Smoothie Bikes are famous for bringing a buzz and excitement to any event. It's interactive, it's fun and it's different. The Smoothie Bike is a wacky invention! It is a stationary bike fitted with a special blender that spins as you pedal, mixing up delicious fruit smoothies in an instant.

Participants simply fill the blender with their chosen fruit and juices, pedal away for a minute or two, and have a healthy pedal-powered fruit smoothie. It's a fun activity that delivers healthy eating and lifestyle messages.

Almost anyone can enjoy the smoothie bike – children aged 6 or above, teenagers, adults, and even sprightly pensioners – so it's a brilliant tool for getting everyone active, engaged and having fun.



Children's Activities:

Examples of **just some** of the fun food activities we can provide

'Eat a Rainbow Fruit' Shy.

Roll up, roll up! – The fruit shy is a fun way of encouraging and introducing healthy eating with families.

The concept is simple. Just like a coconut shy - plastic fruit is placed on the shy and children are encouraged to knock them off with a fruit & vegetable shaped bean bags – and win themselves a piece of fruit!

Fun for all ages.



Eat Your Art out!

Hand's on fun food activity for young chef's to create a colourful work of art on a small pancake - using a variety of fruit & veg.

Suitable for 2+ year olds.

From Grain to Grub

A chance for children to try their hand at grinding grain to make flour and then transforming this into a delicious fruit filled pancake.

An activity for children of 8+ years

