

## WFL-The Goodness of Chocolate (5+)

### About this course

This course is part of our Family Learning Programmes. There are two types of Family Learning Programmes, FEML and WFL, and this course is part of our WFL offer.

WFL Programmes are aimed to give parents / carers and their children the opportunity to explore ways as to how they can learn together in a fun way. (\*for FEML course please see our FEML programme offer)

This session is for adults and children to learn about some useful healthy eating tips and food swaps. You will also have fun making home-made chocolate for the whole family to enjoy.

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### What will I learn?

#### After this course you will be able to:

- Explain how you can improve your diet by introducing healthy food swaps
- Make a simple but delicious three ingredient, home-made chocolate with your children which you can take home

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### What are the entry requirements?

- **What is required to attend the course?**
- These sessions are for adults and children to work together - parents will need to supervise their children at all times.
- For health and safety reasons, children must be over the age of 5 years to attend these sessions.
- Please note we can only accommodate 1 adult to 2 children per family
- If your child needs any extra assistance within the class, please be sure to let our staff know when enrolling

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### Information, advice and guidance for employment

- Call 020 8583 6174 to speak to an advisor
  - Email [work@hounslow.gov.uk](mailto:work@hounslow.gov.uk)
  - Visit <http://www.hace.ac.uk/employment-support>
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