

HNR Gets Out & About

'Taking nutrition into the community'

HNR have been busy taking nutrition messages out into the community over recent months, with activities including:

The British Science Festival in Birmingham

A team from HNR headed over to Birmingham to run a Food Factory as part of British Science Festival. Children and their parents were given the opportunity to make their very own box of cornflakes, whilst experiencing and learning about all the processes that are involved in turning a dry corn grit into a toasted flake that has been flavoured and fortified with vitamins and minerals. Even the packaging and labelling was not forgotten, with many inventive names for new brands being developed.



Our thanks to DASCAs for providing us with corn grits for the day.

Sizzling Science

Glenys and Kirsty have recently been on the road taking our cooking and science demonstration out into the community. The first demonstration was given to a wonderful group of Women's Institute members at their local headquarters in Girton, and saw a menu that included venison stew and rhubarb soup. The second demonstration saw them taking part in Cambridge's 'Ideas in the Community' event at Brown's Community Centre. This time Glenys and Kirsty provided an international menu and the science behind the dishes, in line with the theme of the event. The menu included sweetcorn fritters and dutch apple tart, and thanks to a great recipe from Sonya at Portsmouth's Caribbean Society there was plenty of jerk chicken, rice and peas for everyone who attended the day to try.

