



Join in with a daily lunchtime cook-along, teaching children how to prepare quick, tasty and affordable lunches.

Cook With Jack is shown live on YouTube every school day.

The lunches are prepared using ingredients from a specially put together [£15 shopping list](#).

Chef Jack has tons of fun rustling up simple meals that can be made in around 20 minutes using only basic equipment. The children are encouraged to stay tidy and clean up when they've finished so no mess!

The aim is to encourage pupils to be active in the kitchen, learning some new skills whilst staying at home.

Getting involved is simple - just tune in to the Bite Back 2030 [YouTube channel](#) at 12pm and get going!

Have fun and enjoy eating your delicious creations!

