



Little Gourmets

Madrid schoolchildren will visit the Bread, Tuna, Meat and Cheese Workshop where they will learn about the foods that make up a healthy diet while they play.

Grupo Gourmets, faithful to its commitment to education and healthy eating for the proper physical and cognitive development of the gourmets of the future, has been organising Children's Workshops since 2000. Every morning the doors of these area open to welcome schoolchildren, more than 800 in the last edition, who learn through games the basic principles of a healthy diet.

The children will learn about the qualities of foods such as bread through the **Bread Workshop** organised by Horneo Fresh, the **Tuna Workshop**, convened by Balfegó, discovering the importance of this fish, as well as the different types of cheese in the **Cheese Workshop**, organised by GourmetQuesos. And the **Meat Workshop**, with I.G.P Ternera Gallega, which will explain to the pupils how these Galician calves are fed and raised through fun activities.

SALÓN GOURMETS