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### Do you really know what you're eating?

Posted at 10:54 AM on Friday, May 27, 2011

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We've heard it more often than not in the last few years and the figures aren't dropping. A whopping 81 per cent of adults and 27 per cent of children within the UK are obese.

Tom McNeille, Managing Director of the UK's largest cooking school L'atelier des Chefs, believes that education needs to start with the adults.

"Cooking at home does not have to take huge amounts of time, money or energy - it can be simple, fast, delicious and enjoyable. It is vital that adults are well informed, and accordingly given the opportunity to teach their children to eat well," he says.

At L'atelier des Chefs they run classes with 2,000 members of the public every month. The classes aim to teach people the joys of cooking and also focus on the positive impact of food on health, family life and finances.

'Cook, Eat and Run' is their flagship class in London's Wigmore Street. During the 30-minute class they will teach you how to make a delicious meal with the help of a professional, using ingredients that can be bought in markets or regular stores. The class aims to spread the word that it doesn't take long to produce a delicious and most of all nutritious meal. According to the team at L'atelier des Chefs, fighting obesity starts at home, highlighting the importance of looking after yourself and your family.

For more information or to book a class, visit [www.atelierdeschefs.co.uk](http://www.atelierdeschefs.co.uk)

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