

THE PASTA-BILITIES
ARE *endless*.

*I'm delicious
when I'm hot...*

*.....and why not try
me cold with small
chunks of tomato and
cucumber?*

Did you know?

Wholewheat pasta is a good source of fibre which helps us feel fuller for longer by releasing energy slowly. Try using half wholewheat and half white pasta to introduce it to your child's diet.