

MACKINTOSH  
AT THE  
WILLOW

Mackintosh at the Willow and the National Trust for Scotland present...  
In collaboration with University of Glasgow...

# Free Family Workshop: Traditional Japanese Cuisine for Planetary Health



**Morning option: Saturday 7th September & Saturday 14th September 2024 from 10.30-12.30**

**Afternoon option: Saturday 7th September & Saturday 14th September 2024 from 14.00-16.00**

Are you a family living in Glasgow or the Central Belt? Join us to take part in a University of Glasgow research project about food consciousness, Japanese tradition and eating for planetary health. Participants can choose to attend morning sessions or afternoon sessions, and will be asked to complete questionnaires as part of the research.

During the sessions participants will:

- Design their own Willow Pattern plate to take home and use,
- Make temari sushi with celebrated Japanese chef Akemi Yokoyama,
- Learn more about the Japanese concept of Mottainai, which means 'what a waste' and refers to valuing things rather than wasting them.

Workshops are suitable for children 7-12 years old and one accompanying parent. Places are limited to one child per adult and booking is essential.

**Please note: The workshop runs across two Saturdays and participants will be expected to attend both dates, on either a morning or afternoon session.**

**Book your place at [linktr.ee/mackintoshatthewillow](https://linktr.ee/mackintoshatthewillow) or by scanning the QR code**

To enquire further please contact [hattie.bracey@glasgow.ac.uk](mailto:hattie.bracey@glasgow.ac.uk) or telephone 07354 301617  
For information on accessibility please visit [www.mackintoshatthewillow.com/accessibility](https://www.mackintoshatthewillow.com/accessibility)

**LOCATION:**

Mackintosh at the Willow  
215-217 Sauchiehall St, Glasgow G2 3EX  
[mackintoshatthewillow.com](https://mackintoshatthewillow.com)  
[nts.org.uk](https://nts.org.uk)



University  
of Glasgow



**SCAF**  
Scottish Alliance for Food:  
health, equity and sustainability

**Food**  
Consciousness

The original Willow Tea Rooms building, 217 Sauchiehall Street. Mackintosh at the Willow is operated by the National Trust for Scotland, Scottish Charity no SC007410. The National Trust for Scotland is the charity that cares for, shares and speaks up for Scotland's magnificent heritage.

