

PLAN YOUR DAY - SATURDAY

	WAITROSE WEEKEND LIVE STAGE	COOKERY DEMO STAGE	BARBECUE DEMO STAGE	THE KITCHEN TABLE	THE HEALTH KITCHEN/ WELLBEING STUDIO	FESTIVAL GARDEN	CHILDREN'S ZONE
11am	The Ten (Food) Commandments Restaurant critic Jay Rayner's fun guide to food etiquette	Tom Herbert Baker and TV chef		Silvana Franco Waitrose food editor and presenter of Waitrose TV	The Happy Pear Join the twins for a yoga taster session		Claire Powell Book readings with the children's author and illustrator
12pm	(12.40pm) Clare Balding Weekend's sports columnist takes to the stage and signs copies of her latest book	Atul Kochhar Michelin-starred chef and master of modern Indian cooking	Rich Harris Cookery writer and Waitrose TV presenter	Waitrose Cookery School Watch our professional chefs in action	Olivia Wollenberg Raw food cookery demo	Adam Pasco The Waitrose Garden editor on creating wildlife-friendly gardens	Cook & Line Fun with the comedy pirates from CBeebies' Swashbuckle
1pm	(1.30pm) Life Beyond Reality Dhruv Baker and Martha Collison on their TV show journeys	Antonio Carluccio Italian cookery writer and restaurateur	Anton Piotrowski Michelin-starred British chef	Ching He Huang TV chef and Chinese food expert	Dr Sarah Schenker Nutrition talk and Q&A		Zehra Hicks Book readings with the children's author and illustrator
2pm	(2.15pm) Antonio Carluccio The Italian cooking legend in conversation	José Pizarro Spanish chef and owner of three London restaurants	Atul Kochhar Michelin-starred chef and master of modern Indian cooking	Silvana Franco Waitrose food editor and presenter of Waitrose TV	Naturally Sassy Your chance to try Ballet Blast fitness	Adam Pasco How to keep the colour coming in your garden all summer long	Cook & Line Fun with the comedy pirates from CBeebies' Swashbuckle
3pm	Biting Talk Live William Sitwell hosts a live edition of his weekly Soho Radio show	Martha Collison Cookery writer and Bake Off's youngest ever contestant	Anton Piotrowski Michelin-starred British chef	The Happy Pear Ireland's strongest advocates for eating more fruit and veg	Olivia Wollenberg Founder of Livia's Kitchen naturally sweet treats		Claire Powell Book readings with the children's author and illustrator
4pm	Critic vs Chef Acclaimed critic Jay Rayner and top chef Atul Kochhar defend their corners	The Happy Pear Ireland's strongest advocates for eating more fruit and veg	Dhruv Baker TV chef and winner of MasterChef 2010	Tom Herbert Baker and TV chef	Naturally Sassy Sassy Gregson-Williams, cookery writer and star of the wellness scene	Adam Pasco Tips and advice on creating a wildlife-friendly garden	Cook & Line Fun with the comedy pirates from CBeebies' Swashbuckle
5pm	A Taste of the World Magical foodie tales from José Pizarro and Atul Kochhar	Dhruv Baker TV chef and winner of MasterChef 2010		Martha Collison Cookery writer and Bake Off's youngest ever contestant	Dr Sarah Schenker Nutrition talk and Q&A		Zehra Hicks Book readings with the children's author and illustrator

Schedule and activities correct at time of going to press 9.08.17 but subject to change