


PLAN YOUR DAY - SUNDAY

	WAITROSE WEEKEND LIVE STAGE	COOKERY DEMO STAGE	BARBECUE DEMO STAGE	THE KITCHEN TABLE	THE HEALTH KITCHEN/ WELLBEING STUDIO	FESTIVAL GARDEN	CHILDREN'S ZONE
11am	Tales from the Hot Stove Atul Kochhar and Anton Piotrowski on what it's like to be a top chef	Tom Herbert Baker and TV chef		Waitrose Cookery School Watch our professional chefs in action	The Happy Pear Join the twins for a yoga taster session		
12pm	William Sitwell's Eggs or Anarchy How Britain was really fed during the Second World War	The Happy Pear Ireland's strongest advocates for eating more fruit and veg	Rich Harris Cookery writer and Waitrose TV presenter	Tom Herbert Baker and TV chef	Dr Sarah Schenker Nutrition talk and Q&A	Adam Pasco The Waitrose Garden editor on creating wildlife-friendly gardens	Cook & Line Fun with the comedy pirates from CBeebies' Swashbuckle
1pm	Life Beyond Reality Dhruv Baker and Martha Collison on their TV show journeys	Ching He Huang TV chef and Chinese food expert	Anton Piotrowski Michelin-starred British chef	Silvana Franco Waitrose food editor and presenter of Waitrose TV	Naturally Sassy Your chance to try Ballet Blast fitness		Simon Philip Book readings with the children's picture book author
2pm	The Health Debate , with Naturally Sassy, The Happy Pear and Dr Sarah Schenker	Waitrose Cookery School Watch our professional chefs in action	Rich Harris Cookery writer and Waitrose TV presenter	Martha Collison Cookery writer and Bake Off's youngest ever contestant	Olivia Wollenberg Founder of Livia's Kitchen, naturally sweet treats	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	Wild Baking with Tom Herbert The fifth generation baker on the joys of baking outdoors	Waitrose Cookery School Watch our professional chefs in action	Anton Piotrowski Michelin-starred British chef	Simon Rogan The L'Enclume chef chats to Good Food Guide editor Elizabeth Carter	The Happy Pear Ireland's strongest advocates for eating more fruit and veg		Simon Philip Book readings with the children's picture book author
4pm	Silvana Franco How to tackle food waste	Martha Collison Cookery writer and Bake Off's youngest ever contestant	Dhruv Baker TV chef and winner of MasterChef 2010	Simon Rogan The L'Enclume chef chats to Good Food Guide editor Elizabeth Carter	Dr Sarah Schenker Nutrition talk and Q&A	Adam Pasco Tips and advice on creating a wildlife-friendly garden	Cook & Line Fun with the comedy pirates from CBeebies' Swashbuckle
5pm		Dhruv Baker TV chef and winner of MasterChef 2010		Simon Rogan The L'Enclume chef chats to GFG editor Elizabeth Carter	Naturally Sassy Sassy Gregson-Williams, cookery writer and wellness star		