



## SCHOOL WORKSHOPS

### FOOD FOUNDATIONS (Reception - Yr 2)

The following 3 workshops aim to increase awareness of and encourage healthy food choices by offering each student an opportunity to develop scientific and culinary curiosity. The lessons integrate learning, introduce students to the healthful benefits of eating well, develop basic cooking skills and cultivate scientific habits of mind whilst discovering a diversity of foods.

#### FABULOUS 5 FOOD GROUPS

Asks "What is healthy?" and explores how what we eat affects how we feel, grow, think and live. Students sort food by shape, colour and food group as they are introduced to the 'Eat Well Plate'.

#### FANTASTIC FRUIT

Students eat 'a rainbow' as they sample fruits, learn how different fruits grow, explore the health benefits of eating different colours and make their own rainbow smoothie.

#### A VARIETY OF VEGGIES

Students connect food that they commonly eat with the corresponding vegetables such as tomatoes to pasta sauce and wash and slice their own vegetables for tasting.

### WORLD BOOK DAY (Reception - Yr 2)

Our Cook 'n' Book sessions are a way for young children to experience fresh local produce, tasty and healthy snacks and cooking in the classroom through linking each session to a well known book.

### FESTIVALS THROUGH FOOD (Reception - Yr 6)

#### CHINESE NEW YEAR

Children prepare an easy noodle salad and have a go at eating Chinese food with chopsticks.

#### ST PATRICK'S DAY

Children prepare Irish soda bread to take home and cook and conduct an experiment to show them how ingredients mix together to create a reaction that makes the dough 'GROW'

#### DIWALI

Children learn about and compare different types of spices to develop sensory and cultural awareness and identify spices from sight, smell & taste. They'll prepare pakoras to take home and cook before finishing off with Indian treats



## SUGAR SCHOCKER (KS2)

According to official figures published in December 2012, over one in three children leave primary school overweight or obese. This fun packed session highlights the amount of sugar found in common food and drinks, teaches the children about a healthy balanced diet and links to the care of their teeth.

## THE SENSES (KS2)

Our senses are the way that we explore the world and understand what is going on around us, but how would we manage without our sense of taste? Would we still enjoy the food that we ate? Students will:

- Identify the 5 basic tastes: sweet, salty, sour, unami & bitter
- Identify their own taste zones
- Learn about the involvement of smell in flavour perception
- Identify their taste buds
- Learn of the affect temperature has on taste

## NATIONAL SCIENCE WEEK (KS2)

The kitchen is a great experimental laboratory and we've got some thrilling interactive workshops for your young scientists with food at the basis. From bread bubble bombs and exploding rockets to show students how carbon dioxide make their cakes grow to endothermic and exothermic reactions that are at work when we make ice cream in a plastic bag.

## WORLD WAR II - COOKING WITH RATIONS (KS2)

The food that won us the war: The weird and wonderful ration-book dishes that helped Britain to victory. And it's strikingly relevant again today, as we find ourselves living through a period of unexpected austerity.

During this hands-on session the students will try their hand at some of the recipes in Ration Book Britain - they might be a little surprised at just how good they are!

## WHAT DID THE VICTORIANS EAT? (Yr 4)

Victorian tea time was a very proper time, with delicate doilies and bone china teacups. Children should be seen and not heard and everyone was terribly polite. However, they ate some wonderful delicacies which are worth digging out and cooking. During this hands-on session we teach the students about the history of tea time and then cook two of our favourite recipes: the Victoria sponge or cheese straws. The books of writers such as Jane Austen and Charles Dickens give us some idea of what different classes of people ate during Victorian times and we get the children to find descriptions of food in books.

## THE TUDORS (Yr 5)

Traditionally, food recipes were passed from one generation to the next by word of mouth - from mother to daughter – as many women wouldn't have been able to read. During this hands-on session the students will translate Old English recipes and make their own version of Pottage – a vegetable soup, flavoured with herbs and thickened with oats.

## SUSTAINABILITY (Yr 5 - Yr 6)

Students learn how we import our food from all over the world and how importing food has consequences for our environment. During this hands-on session the children use maps to identify where in the world their food comes from and then work in groups to try and create sustainable smoothies and fruit juices.

