



Skills FOR LIFE *Food* FOR LIFE

Fruit Challenge

Encourages the children to taste different fruits, gives the pupils information on the fruits, where it's grown etc. The session is interactive for the pupils, and suitable to be delivered in the classroom at a time to suit the class teacher. The session has duration of 1 hour per class.

For the three classroom sessions all equipment and materials are supplied by the team and a certificate issued to the pupils on completion.

There is a charge of £150.00 for 4 one hour sessions.

After School Club Cookery Course

This is a 6 week cookery course, which teaches the children some basic cookery skills, with a different dish cooked each week. The pupils are given a recipe book to use again at home. Knife skills, food hygiene and health & safety principles are also covered.

The class does need to be delivered in the school dining area as access to kitchen ovens is required.

The team supply all the equipment and ingredients, hats and aprons for the children to wear where applicable, our team are DBS checked, first aid trained and all tasks have been risk assessed.

The class usually runs after school finishes at 3.30pm-4.30pm Class size 12 maximum.

School Assemblies

The team come into school and can give a talk to the whole school on healthy eating and a healthy lifestyle, and Fairtrade. Normally has a duration of 20-30 minutes.

If you would like to book any of the activities or require any more information please contact Nicola Meade Quality Assurance Team Manager Mobile: **07789032361** Email:

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