



Skills FOR LIFE *Food* FOR LIFE

In School Activities

In School Cookery Sessions

This class teaches the children some basic Food Hygiene, and Kitchen Safety skills, followed by hands on cookery of a simple dish (usually make scones).

The session takes approximately 1 hour, and can be delivered at a time to suit the class teachers.

All equipment and ingredients are supplied by the team.

The pupils take home the cooked dish with the recipe, so they can cook the dish again with their family!

Area needed for the session to take place is usually the dining room – access to kitchen oven is required.

This session is free of charge.

Food Group Presentation

This is based on the basic five food groups that should be eaten for a healthy diet. 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 a duration of 1 hour per class.

Sugar Challenge Years

This highlights the amount of sugar in popular drinks. 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 a duration of 1 hour per class.

