

Put the Ooo back into food it's British Food Fortnight!

Welcome to the sixth British Food Fortnight when schools are again being invited to teach young people about the diverse and delicious range of food available, the benefits of healthy eating and the pleasures of eating quality, fresh, seasonal and regionally-distinct produce.

This year our initiative inviting cooks and chefs to work with schools to teach children how to cook is being expanded three-fold. Organisations representing over 9,000 chefs have volunteered their support. Retailers, farmers and producers are also signing up to participate. Chefs local to your school have been sent information about working with schools so the chances are there is someone near you willing and eager to help!



Inside this pack you will find:

- Examples of the many innovative and imaginative ways that schools participated in British Food Fortnight last year.
- Details of how you can win Kenwood cooking equipment for your school by entering the British Food Fortnight 'Cook for Life' Challenge, sponsored by Kenwood.

For contact details of chef and catering organisations committed to working with schools during British Food Fortnight go to www.britishfoodfortnight.co.uk >Teacher Zone



KENWOOD
MAKING GREAT FOOD SIMPLE

Nationwide

Budgens

ARAMARK

We hope you will be inspired to take part this year!

Would you like ideas on how to incorporate food-related activities within your curriculum teaching?

"We have very limited facilities but a great deal of enthusiasm and finding the British Food Fortnight website has inspired me to get on with it and not worry!"

Lynn Marriott,
Secondary school teacher

"This is by far the best and most comprehensive guide that I have ever received - there are so many ideas that it will keep me going for years!"

Alison Jones,
Dolfor Community School,
Mid Wales



Then grab a copy of British Food Fortnight's school publications:

'Putting the Ooo back into food: A Resource Pack for Schools'

- Ideas for lessons and activities for each curriculum subject for early years, primary and secondary children.
- Descriptions of activities with contact details for teaching resources.
- In-season recipes for young people to try.

'Putting the Ooo back into food: A Guide to including Cookery within the National Curriculum'

- More examples of schools that have successfully incorporated cookery within their curriculum activities.
- Ideas for cookery lessons and activities for early years, primary and secondary children.
- Contacts of organisations that can help you by providing chefs who can visit your school to give cooking demonstrations and assist with lessons.

Aims

teach young people about the diverse and delicious range of food available in Britain and about the health benefits and pleasures of eating quality, fresh, seasonal and regionally-distinct produce

give young people some basic practical cookery skills and excite them to develop these further at home

increase the amount of food education in schools by encouraging teachers to hold special events for young people during the Fortnight in the hope that this will generate the enthusiasm and interest necessary to sustain similar activity year-round

encourage producers, retailers, restaurants, pubs and tourism outlets to all take a proactive role in educating the public - and in particular young people - about the food and drink that their region produces

and ultimately to nurture a renaissance in the pleasures of preparing and eating regional food and drink.

www.britishfoodfortnight.co.uk Email: info@britishfoodfortnight.co.uk

Cookery in schools

How schools incorporated cookery within the curriculum in 2006

Year 11 students from **Stradbroke Business and Enterprise College in Norfolk** organised a farmers' market in their college hall for ten local producers and cooked with ingredients from the stalls to prepare dishes that they served in the college's restaurant.

Teachers at **Hotwells Primary School in Bristol** went to great lengths to incorporate cookery and food-related topics within the National Curriculum. Early Years made biscuits and butter to meet curriculum targets in 'Knowledge' and 'Understanding of the World'. Reception learnt about healthy eating from a talk by a grocer. Local restaurant chefs showed Years 1 and 2 how to make bread – a demonstration of irreversible changes and micro-organisms. A presentation by an egg producer was linked to Year 3's study of 'Life Cycles' and nutrition in Science and making vegetarian Cornish Pasties taught them about reversible and irreversible changes. Year 4 made a Bramley Apple Cake to link in with their lessons on 'Changing State'. They also had a talk from the local supermarket about cheese that they linked to 'Literacy Sequences' and writing instructions. Year 5 baked Plum Crumble and Apple Pies that generated discussions about healthy eating and met the 'Materials' and 'Changing State' modules in Science. Year 6 weren't left out! People from a delicatessen gave them a talk about fish that was linked to their Science lessons on 'Life Cycles'.

Year 7 of **Highcliffe School in Dorset** used local produce to make Cheese and Potato Bake, bread and soup. Year 8 learnt about the basic methods of cake-making and Year 9 travelled the world through the staple foods and dishes from around the globe.



Year 10 students at the **Aveley School, Basildon**, created the 'Aveley Sausage' as part of their British Food Fortnight sausage-making competition. ARAMARK chef Robert Milligan deemed the winning recipe so delicious that it was included on his client's, JP Morgan, menus as the 'Special of the Day' later in the year! Mr Milligan hosted two days of demonstrations for all the students including talks on bread-making, growing and harvesting salad and cheese. Students also enjoyed fish and meat tastings. **"It was a real joy to introduce these young people to these specialist skills,"** said Mr Milligan.

Photo left: Thurrock Gazette

Year 11 pupils from **Torbay School in Devon** planned and produced airline meals as part of their Design & Technology lessons. They included pictures of the finished dishes in their final projects.

"I am starting up a Food Technology department in a school and I can think of nothing better than to get involved in British Food Fortnight to make the parents sit up and notice!"

Sally Walsh,
Food Technology Teacher

Crookhorn College of Technology in Hampshire set their pupils quite a challenge in their 'Big Chef / Little Chef' competition. In the first round, pupils had to create a dessert of their choice. Round two saw teams of four compete in a Masterchef-style competition in which each team had 90 minutes to create three dishes using seasonal and local ingredients. Teams were judged on teamwork, creativity, nutritional value of dishes and hygiene standards met.

Pupils in Nursery at **Dolphin School in Berkshire** ate their way around the world when they cooked Italian and Asian foods using British produce. Reception children made bread by hand and machine, sorted vegetables and did some vegetable printing.

Children at **Ewelme CE Primary School in Oxfordshire** cooked a two-course lunch for themselves and fellow pupils and teachers and then held a Charity Lunch for villagers, friends and family. Their busy days were kick-started by a Breakfast Club at which a selection of hot and cold food was served to teach the benefits of having a good breakfast.



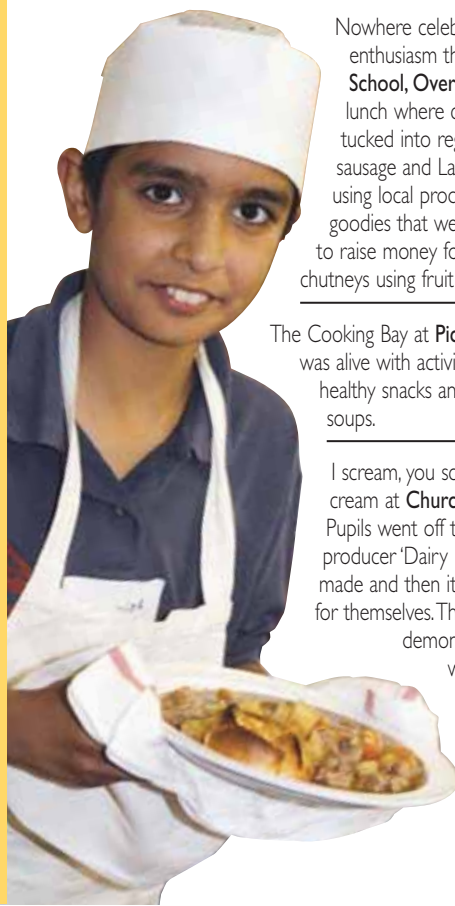
GCSE students in Year 10 at **Ilkley Grammar School in Yorkshire** were tasked with developing and preparing a crumble using seasonal foods. They were asked to produce a research sheet to include recipe development and decoration techniques. Year 7 students cooked crumbles at home and reported back on how they got on.

Each year group at **Heaton St Barnabas' CE Primary School in Yorkshire** cooked a different dish using as many Yorkshire products as possible. Some of the ingredients used, such as the potatoes that Year 2 baked, were grown by pupils in Year 1. In each case the cookery session was linked to Numeracy, Literacy, DT, Science and PSHE.

Nowhere celebrates the Fortnight with more enthusiasm than **Wilson's Endowed CE School, Over Kellett**. They held a community lunch where children, grandparents and locals tucked into regional dishes such as Cumberland sausage and Lancashire Hotpot that were made using local produce. The whole school baked the goodies that were sold at afternoon tea parties to raise money for charity and the children made chutneys using fruit from local gardens.

The Cooking Bay at **Pictor Special School in Timperley** was alive with activity as pupils learnt to make healthy snacks and meals such as sandwiches and soups.

I scream, you scream, they all screamed for ice cream at **Churchstoke C.P. School in Powys**! Pupils went off to visit the local ice cream producer 'Dairy Dreams' to see how ice cream is made and then it was back to school to have a go for themselves. The local miller gave a demonstration on grinding corn and wheat to make the flour that pupils used in their bread-making session. Welsh Cakes, Bara Brith and a traditional 'Shearing Cake' were all made in time for tea!



Year 8 pupils at **Woodhouse Middle School in Biddulph** each teamed up with an adult to compete in 'Buy British, Buy Biddulph'. The challenge was to cook a two-course meal for no more than £5.00 and all ingredients had to be bought in the Biddulph area. The chef from a Biddulph restaurant was on hand to judge and provided the prizes.

Nottingham High Junior School joined forces with ARAMARK chef Steve Coupe to offer ten Year 6 boys the chance to make Shepherd's Pie. The boys learnt skills such as chopping, frying, mashing and washing up! Other pupils entered ARAMARK's 'Bramley Apple Recipe' competition.

To build up their life skills, pupils at **Billing Brook School, Northampton**, went to a farm shop where they bought local produce to turn into a seasonal vegetable soup.

Pupils at **Kenninghall Primary School in Diss** grew a variety of fruit and vegetables – such as potatoes, that are "like digging up buried treasure", and more unusual vegetables such as Turk's Turban squash – in their school garden. As well as growing the vegetables, pupils also painted them and learnt how to cook them.



Photo: Shepton Mallet Journal

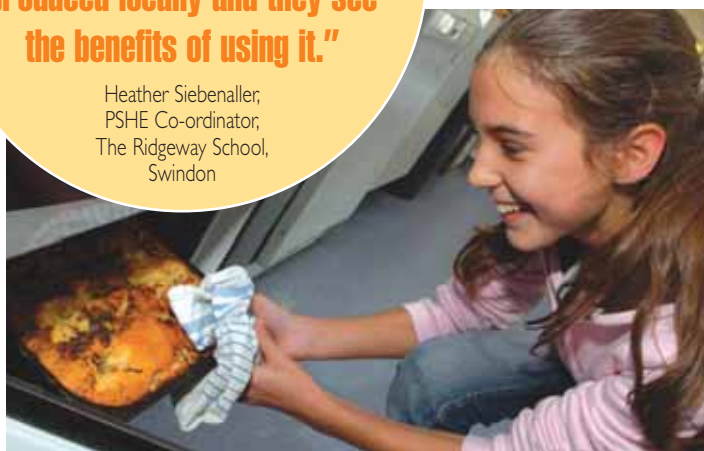
Pupils at **Wymondley JMI School, Hertfordshire**, got a taste of healthy eating when three chefs from London's Sheraton Hotel prepared smoothies and fruit kebabs for each class to sample.

Pupils from **The Ridgeway School, Swindon**, found that there's nothing quite like a home-cooked meal. Twenty of them cooked a feast for their local MP and Mayor. Alice King, 13, was one of the chefs. She said: **"I was using all local produce to make the meals. We used apples from my garden to make a crumble and the blackberries that we used were picked locally. The food tasted really good, and I hope we can do it again."**

Photo below: The Swindon Advertiser

"Our British Food Fortnight events help the pupils learn about what food can be produced locally and they see the benefits of using it."

Heather Siebenaller,
PSHE Co-ordinator,
The Ridgeway School,
Swindon



Kevin Albion, Head Chef at Nationwide, Northampton, showed ten-year-olds from **Earl Spencer Primary School** how to cook their lunch. To get them in the mood each child got their own chef's hat. Kevin said: **"I explained about the hygiene reasons for hats and uniforms and asked for a volunteer to help me cook. Every hand shot up and I soon had them making omelettes. They all had a taste, even those who hadn't tried one before.... I showed them different kinds of lettuce and we made a green salad and dressing. Seeing their enjoyment was a particular pleasure."**

Year 11 students from **Whitstone Technology College** went to the kitchens at the Thatched Cottage Inn, Shepton Mallet, to learn how to cook a meal.

Infants from **Littledean CE Primary School** used fresh produce from their school garden to make soup and apple crumble. The garden was created under the Healthy Schools scheme and children had a wonderful time growing their own fruit and veg. Wendy Worgan, School Administrator, said: **"They've all had a fantastic time. I'm not sure who enjoyed it most, the teachers or the children!"**

"Taking part in British Food Fortnight was a valuable opportunity for my students: they gained first hand experience of life in the food industry and confirmed their wish to pursue Food Technology as a career post 16."

Kerry Jackson,
Whitstone Technology College,
Shepton Mallet

Children from **Rowan Preparatory School in Claygate** had their taste buds tickled as part of British Food Fortnight. Class teacher Gill Taylor said: **"The message is to try food, whatever you think about it and whatever it looks like."** With this in mind, ARAMARK chef Julie Frost dished up a specially-created, lemon flavoured jelly with red colouring to demonstrate that things do not always taste the way we expect. Pupils in Year 2 were given their own aprons as they created delicious recipes such as Apple and Blackberry Fool, using fresh and seasonal ingredients. No one left the fun empty handed – party bags of local produce were distributed to everyone, including parents.

Pupils from **Weston Hills CoE Primary School, Lincolnshire**, welcomed staff from local butcher George Adams who taught them about food hygiene and how to make a Cornish Pasty. Years 1 & 2 also made different types of bread and soup; Years 3 & 4 made fruit drinks and vegetable kebabs; and Years 5 & 6 tried their hands at spiced apple slices.

Food technology students at **Skipton Girls' High School** and Year 6 pupils at **Water Street County Primary School** had lessons on nutrition courtesy of Skipton Building Society and ARAMARK chef Peter Chevin.

Year 7 Food Technology students at **Ferryhill Business and Enterprise College** made Apple Crumbles using British fruit. Pupils put their own twists on the traditional dessert – some pupils made a flapjack topping and others added sultanas and peaches to the filling. The students also learnt about the history of apple growing in the UK and were sustained for all of this activity by the traditional dishes that featured on their lunchtime menu.

Photo right: Northern Echo

To tie in with multi-cultural studies at **Guilsborough School, Northampton**, chef Phil Brown showed some Year 9 students how to use British produce to make Caribbean commel Johnny Cakes filled with a Sweet Chicken Curry and Turkey and Sausage Chow Mein. He said: **"The students really benefited from the sessions as they saw that British produce in season is not expensive, can be tasty and can be used in all types of cooking."**



Pupils at **Crowle Primary School** stepped back in time by sampling food from Tudor and Victorian times as well as making their own soups. ***"The children loved taking part in preparing, cooking and tasting the food and each class then went on to develop their own healthy soup,"*** said Head Teacher Anna Cvijetic.

Students at **John Hanson Community School in Andover** visited the Defence Logistics Organisation (DLO) in Andover. In the Officers' Mess kitchen ARAMARK chef Steve Aitken and the students prepared British produce to be served for lunch. During the four-course lunch, the students were serenaded with regimental marches by the Amesbury Town Band. ***"It was really interesting learning about where the food came from and seeing it being prepared. And it gave us a fascinating insight into army life,"*** said Senior Prefect, Gemma Goodeve. Fellow student, Adam Davis, said: ***"The DLO base is only up the road from us and it was good to link up with something local like this. It was so interesting to see how they source local food, and the dinner was amazing!"***



Photo: Wiltshire Gazette & Herald

Senior pupils at **Yeoford Primary School** spent a morning in the kitchen of local pub, the Mare and Foal. Under the tutelage of landlord and chef, Alex Duxbury-Watkinson, the young people tasted various raw vegetables and designed the lunch menu they would prepare and cook at the pub for everyone else in the school later in the week. They were given lessons in safety, health and hygiene and then peeled and chopped, made the crumble for their apple desserts and worked hard laying tables and acting as waiters and waitresses. Throughout, they wore T-shirts that said 'Chefs in Training'!

Teenagers from the **Devizes County Council's Young People's Support Service** were shown how to make bread by local chef Peter Vaughan. He used a traditional recipe and local ingredients including Wadsworth beer. Afterwards, the young people made their own bread. The Centre Manager, Christine Palacio, said: ***"They really enjoyed it and actively engaged in making the bread. It was hands-on and experimental."***

Bemrose Community School in Derby used vegetables from their garden project to cook an Autumn Vegetable Medley. The Community School won the Pyrex Cooking Challenge and celebrity chef Lesley Walters shared in the celebrations!

At **The Pyrford Centre, Woking**, pupils worked in groups to prepare, cook and serve nutritional lunches such as Shepherd's Pie and Baked Apples to the rest of the school. Pupils grew the fruit, vegetables and herbs used in the school garden.

Some pupils at **East Hartford School in Northumberland** used the vegetables that they had grown in the school's allotment to make soup for the rest of the school. Others went to watch a butcher cut up meat, help him rub salt into pork to cure it and make the sausages that they cooked for lunch! Another group visited a local farm and then presented an assembly about the visit during which time bacon, egg and sausage 'tasters' were served.

"British Food Fortnight is an opportunity to promote all aspects of the Healthy Eating theme and to encourage schools that offer no Food Technology lessons to get involved."

Steve Flynn,
Healthy Schools Co-ordinator,
Blackpool

Parents were invited to **Burnwood Community School, Stoke on Trent**, to enjoy a traditional roast dinner with their children.

Each class at **Great Moor Infant School, Stockport**, produced a different 'healthy light bite' that had to be prepared and presented attractively by pupils. The whole school community got together to look at and taste the results.

The Gastrells Ready Steady Cook Club at Gastrells Community Primary School, Stroud, met during British Food Fortnight to sample British produce including cheeses, fruit and veg.

Children at **12 primary schools in the London Borough of Hammersmith and Fulham** got stirred up about soup when they created their own recipes as part of a borough-wide healthy eating competition run by the council during British Food Fortnight.



We would like to thank the following organisations that have, in addition to our main sponsors, kindly contributed funding towards the costs of British Food Fortnight's educational activities: 3663, Brakes, Compass Group, Country Markets, Guild of Q Butchers, Mitchells & Butlers, National Farmers' Union, National Trust, Punch Taverns, Pyrex, Sodhexo, Tenant Farmers Association and VisitBritain.



Teachers — please complete and fax back to:

020 7787 0077

Closing date for entries:
19th October 2007

The organisers of the British Food Fortnight 'Cook for Life' Challenge, sponsored by Kenwood, want to hear from you.

Tell us what you're doing for British Food Fortnight and you could win Kenwood cooking equipment for your school!

Please use black ink and capitals

Name:

Address of school:

Postcode:

Daytime tel:

Email:

Early Years ☐ Primary 5-7 ☐ 8+ ☐ Secondary ☐

Please indicate the region you are entering:

Scotland ☐ North West ☐ North East ☐ Yorkshire ☐ West Midlands ☐

East Midlands ☐ East of England ☐ South West ☐ South East ☐ Wales ☐ N.Ireland ☐

☐ Please tick this box if you do not wish to receive any publicity relating to this competition.

Details of activities during British Food Fortnight:

What would your school do if it won Kenwood cooking equipment?

If you would like to provide additional information such as quotes from pupils, teachers and parents taking part or copies of menus, please include on a separate sheet of paper.

For your chance to win Kenwood equipment for your school please complete all details and fax this form to 020 7787 0077 today! **Good luck and happy cooking!**



BRITISH FOOD FORTNIGHT

COOK FOR LIFE CHALLENGE

Sponsored by **KENWOOD**

Take part in British Food Fortnight and win Kenwood equipment for your school!

The organisers of British Food Fortnight have teamed up with Kenwood to find the schools that incorporate cookery within their curriculum activities in the most imaginative and innovative way.

The British Food Fortnight 'Cook for Life' Challenge, sponsored by Kenwood

Prizes will be awarded to the best six schools in each region (Scotland, North West, North East, Yorkshire, West Midlands, East Midlands, East of England, South West, South East, Wales and N.Ireland) with a special prize for the overall national winner. Regional prizes include aprons, a bakeware selection, digital scales, spatulas and a smoothie maker to make healthy drinks all year round. The national winner will also receive a top-of-the-range Kenwood Chef (pictured right) for your pupils to create even greater culinary masterpieces. Winners will be announced in late October 2007.

To enter simply fill out the form opposite. Include as much detail as possible about the 'Cook for Life' Challenge you are setting pupils including: ingredients, resources and equipment you use; the curriculum targets you meet; and quotes from young people, teachers and parents taking part.

Support resources and recipe ideas can be found at www.britishfoodfortnight.co.uk or at www.kenwoodcookforlife.co.uk. And remember to ask for help from your local cooks and chefs!

Press coverage for your school

Taking part in the British Food Fortnight 'Cook for Life' Challenge, sponsored by Kenwood, is a good opportunity to gain some local publicity for your school. Many schools taking part in previous years have been featured in their local paper and some even featured on television. Media coverage can be a good way of thanking teachers, parents and children for their involvement. All the information you need to help you gain some local publicity - including sample media releases and a full list of media contacts in each region - is available on www.britishfoodfortnight.co.uk > **schools > gaining publicity**

Log on to the website to **download the FREE Kenwood 'Cook for Life' resource materials.**

www.kenwoodcookforlife.co.uk



Download the **FREE KENWOOD** 'Cook for Life' cross-curricular resource for 5 to 12-year-olds - exploring creativity in the kitchen through the themes of lifestyle, food culture and British produce. It's full of lesson plans and topic support including fact files, case studies, source materials and teacher notes. Visit www.kenwoodcookforlife.co.uk

