



eden

Growing partnerships, *inspiring* minds

# Eat Well Live Well

Primary School

Educational Workshops

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## *Inspiring Minds*

There is currently a real focus on the importance of equipping children with the key life skills necessary to achieve a healthy balanced lifestyle, and this is emphasised within the revised **National Curriculum** and the **School Food Plan** (SFP). Eden fully support the principles and aims of the SFP which revolve around good food, the pleasures of growing, cooking and eating well and in turn improving the academic performance of children and the health of the nation. Eden recognise the integral role that we can play to assist schools and Headteachers to deliver the SFP vision and to drive a strong and positive food culture within schools.

Eden are committed to helping schools adopt a **whole school approach** to food and as part of our **Eat Well Live Well strategy** we have created a suite of innovative, age appropriate educational workshops. Our workshops have been carefully designed by our Nutritionists, Executive Chefs and Craft Trainers to inspire pupils of all ages to think differently about food and to empower them with the skills and knowledge to make healthy choices for themselves.

All our nutrition and health promotion workshop material is developed by our in house Nutrition Team in line with current dietary guidance, health promotion messages and key nutrition policy initiatives including **Change 4 Life**, **5 A DAY** and **the eatwell plate**. Our education programme supports key publications including **Healthy Lives Healthy People** (2010, Department of Health), **Everybody Active Every Day** (2014, Public Health England) and guidance from **Public Health England** and the **Scientific Advisory Committee on Nutrition**.

# Eat Well Live Well

## Educational Workshops

	Age group	Key Topics	Content
<b>Back to your Roots</b>	Primary (all ages)	<ul style="list-style-type: none"> <li>- growing</li> <li>- where food comes from</li> <li>- cookery</li> <li>- health</li> <li>- nutrition</li> <li>- the eatwell plate</li> </ul>	<p>Bringing growing, cooking and nutrition into school culture Back to your Roots fully supports the 'whole school approach'. Schools are issued with a growing kit; a School Growing Journal to record their growing journey which is packed with information and classroom activities; and an educational support package from Eden's Chefs, Nutritionists and Activity Coordinators. Back to your Roots links directly to the curriculum to not only teach children the foundations of healthy eating, cultivation and nutrition; but to use those subjects to support the teaching of a range of other areas such as numeracy and literacy. The initiative supports schools in meeting the revised National Curriculum where cooking and nutrition are now compulsory subjects for Key Stage 1 and 2. In conjunction with Eden's Chefs, each school's Pupil Council develop a dish incorporating the produce being grown, leading to a Back to your Roots Celebration Day where the meal will be served for lunch and pupils share their growing experiences.</p>
<b>Where Food Comes From</b>			
<b>Farm to Fork</b>	Primary (Reception,	<ul style="list-style-type: none"> <li>- where food comes from</li> </ul>	<p>This workshop helps pupils to think about where food comes from, tracing food from farm to fork.</p>

	year 1 – 2)	<ul style="list-style-type: none"> <li>- farming</li> <li>- food recognition</li> <li>- food preparation</li> <li>- the eatwell plate</li> </ul>	The interactive activities engage pupils to think about the plants and animals that our food comes from and how these are prepared to make meals.
<b>Growing Workshop</b>	Primary (all ages)	<ul style="list-style-type: none"> <li>- growing</li> <li>- where food comes from</li> <li>- seasonality</li> </ul>	The purpose of the Growing Workshop is to introduce pupils to the principles of growing through discussions and activities around where food comes from, seasonality and how food is grown. We hope that this will inspire pupils to grow their own food in school and at home.
<b>Practical Food Preparation &amp; Cookery</b>			
<b>Smoothie Bike</b>	Primary (all ages)	<ul style="list-style-type: none"> <li>- fruit and vegetables</li> <li>- health</li> <li>- hydration</li> <li>- food recognition</li> <li>- 5 A DAY</li> <li>- exercise</li> </ul>	One of our most popular initiatives, the Smoothie Bike is a vehicle to educate pupils about the importance of hydration and exercise in a fun, engaging way. Pupils can choose the ingredients for a smoothie then ride the specially designed bike to power the blender and see their healthy drink being made. This offers an opportunity to promote the 5 A DAY message, with pupils trying a colourful variety of fruits and vegetables. For younger pupils, this workshop is also paired with fruit recognition and tasting.
<b>Practical Cooking Demo</b>	Primary (all ages)	<ul style="list-style-type: none"> <li>- cooking</li> <li>- hygiene</li> <li>- food safety</li> <li>- knife skills</li> <li>- the eatwell plate</li> <li>- nutrition</li> </ul>	Our Executive Chefs deliver a range of practical cooking demonstrations, suitable for all ages. These sessions engage pupils with practical food preparation, knife skills and food safety. Through practical cookery our chefs also discuss ingredients, The eatwell plate and nutrition. One of our most popular cooking demos is the Lemon and Ginger Chicken with Chinese Noodles!

<b>Bread Making</b>	Primary (all ages)	<ul style="list-style-type: none"> <li>- cooking</li> <li>- food safety</li> <li>- the eatwell plate</li> <li>- nutrition</li> </ul>	This workshop empowers pupils with a key life skill – bread making. This hands on practical session covers bread making techniques, from dividing to kneading and shaping bread rolls and gets pupils thinking creatively by using different vegetables, herbs and spices to flavour their bread.
<b>Wrap Making</b>	Primary (all ages)	<ul style="list-style-type: none"> <li>- cooking</li> <li>- food safety</li> <li>- knife skills</li> <li>- the eatwell plate</li> <li>- nutrition</li> </ul>	Wrap making is fun for all ages and can be carried out in the classroom! Pupils love to create their own dish, selecting and preparing the fillings and coming up with a dish name. This workshop provides a great opportunity to discuss the 5 A DAY message and the eatwell plate whilst engaging in a fun, practical session.
<b>Nutrition &amp; Healthy Eating</b>			
<b>Sugar Awareness</b>	Primary (key stage 2)	<ul style="list-style-type: none"> <li>- nutrition</li> <li>- health</li> <li>- hydration</li> <li>- the eatwell plate</li> <li>- food labelling</li> <li>- Change 4 Life</li> </ul>	The Sugar Awareness Workshop aims to educate pupils about the dietary recommendations for sugar, sources of sugar, labelling and healthy swaps. This session provides a ‘shock factor’; with visual demonstrations of the sugar content of popular items high in sugar for example sugar sweetened drinks and confectionary. This workshop supports the Public Health England strategies for sugar reduction and the Change 4 Life campaign.
<b>The Very Hungry Caterpillar</b>	Nursery, Reception, Year 1	<ul style="list-style-type: none"> <li>- fruit and vegetables</li> <li>- food recognition</li> <li>- 5 A DAY</li> <li>- fat &amp; sugar</li> <li>- exercise</li> </ul>	This workshop educates younger pupils on the basic principles of healthy eating by learning through the use of ‘The Very Hungry Caterpillar’ story. By relating the discussion to the pictures in the book the children are able to recognise and describe different fruit and vegetables that contribute to 5 A DAY, and understand why we should not consume too much fatty and sugary food.

<b>Kids Party!</b>	Nursery, Reception, Year 1	<ul style="list-style-type: none"> <li>- fruit and vegetables</li> <li>- food recognition</li> <li>- 5 A DAY</li> <li>- fruit tasting</li> </ul>	This workshop educates pupils about food recognition, nutrition and health through fun games typical of a children's party! With songs and games like pass the parcel and 'guess the food', this is a really fun way to engage pupils in healthy eating and encourage them to try new things.
<b>Healthy Breakfast</b>	Primary (all ages)	<ul style="list-style-type: none"> <li>- the eatwell plate</li> <li>- 5 A DAY</li> <li>- nutrition</li> <li>- health</li> </ul>	We all know that breakfast is an important way to start the day! Those who eat a healthy breakfast may be less likely to snack on foods that are high in fat and/or sugar later on and may also be able to concentrate and perform better at school. This workshop aims to educate pupils about the importance of having a healthy breakfast each day and provides practical tips so that they can make a healthy breakfast for themselves.
<b>NutriSkill</b>	Primary (year 2 – 6)	<ul style="list-style-type: none"> <li>- nutrition</li> <li>- health</li> <li>- the eatwell plate</li> <li>- exercise</li> <li>- 5 A DAY</li> <li>- healthy breakfast</li> </ul>	The NutriSkill Workshop introduces pupils to the principles of a healthy balanced diet, through discussions and interactive games and activities based around The eatwell plate. The session aims to provide pupils with the basic principles which underlie a healthy balanced diet, empowering them to make healthy choices for themselves.

Interserve Catering Services trading as  
EDEN FOODSERVICE



Registered Office: Capital Tower,  
91 Waterloo Road, London SE1 8RT