

Leicestershire Food for Life - Free Training & Support January - March 2016



Food for Life in Leicestershire, commissioned by the Public Health team at Leicestershire County Council, offer a range of **free, curriculum-linked** training to support schools in transforming food culture. Aimed at teaching and support staff, these popular sessions support **curriculum cooking, gardening and making farm links**. They are designed to inform long term planning and underpin the proposed changes to the Ofsted Common Inspection Framework (Sept 2015) in relation to *How children keep themselves healthy, including healthy eating*.

FROM PLOT TO POT, PLANNING WHAT TO GROW IN YOUR SCHOOL GARDEN

17th March 2016

This one-day course makes practical curriculum links with growing activities and offers an opportunity to plan what to grow in a school garden, from seed sowing to harvest, including vegetables and herbs.

Suitable for new school gardeners, the gardening session will cover the basics of organic growing and composting, and includes practical curriculum linked activities. By the end of it, all delegates will be able to:

- show awareness of basic organic principles
- show an awareness of a range of seasonal produce.
- plan a vegetable plot with a view to using the produce in practical cooking across the year.
- understand the composting process and how to apply this in school.
- demonstrate a practical activity related to gardening in school.

The session will also make relevant curriculum links to other primary subjects, including maths, literacy, science, geography and history.

Delegates will also receive free resources to take away.



IDEAS FACTORIES SPRING 2016

Food for Life Ideas Factories take place after school from 3.30-5.30pm

In addition to the formal training courses offered, our twilight sessions give teachers and support staff the chance to get together informally after school and share ideas about positive food culture in their schools.

These sessions have been designed to help you deliver Food for Life and build networks beyond your school. You will also receive support and advice on how to achieve a Food for Life Award in your school. Delegates will also get the opportunity to explore a range of Food for Life resources and will be treated to a **delicious afternoon tea**.

For spring term we have 2 'Ideas Factories' planned across the county.

(SEE LISTING ON PAGE 2 FOR DATES & VENUES FOR ALL TRAINING SESSIONS)

www.foodforlife.org.uk

COOKING CONFIDENTLY 22nd March 2016

A practical one-day workshop to support teachers, teaching assistants and cooking leads in the delivery of practical cooking sessions in primary schools.

This hands-on cooking session will include discussion about the preparation and setting up of a cooking activity with reference to health and safety, as well as classroom management and organisation. You will have an opportunity to try out practical skills that can be transferred into the classroom, such as the safe use of sharp knives.

The session will match cooking to the new compulsory *Primary Cooking and Nutrition specification* and also make relevant curriculum links to other primary subjects, including maths, literacy, science, geography and history.

Participants will receive a memory stick of resources to use in school, as well as some samples of produce.



FREE SKILL UP PACK FOR ALL SCHOOLS IN LEICESTERSHIRE

Skill Up, Start Cooking is designed to support the teaching of cooking and ensure skills progression for the 3–11 age groups.

Inside the pack you will find:

- support for teaching ages 3–11.
- lesson planning guides.
- teaching cooking skills; a step-by-step guide.
- Cooking skills checklist.
- 32 recipes with teaching instructions and a focus on skills development.
- four 'Grow a Soup' guides to link cooking and growing activities.
- nutrition and traffic light information for all recipes.

This wipe-clean, matt-laminated and hardwearing resource comes in a clear plastic folder and is ideal for hands-on use in cooking. Copies can be obtained from **Focus on Food** www.focusonfood.org for **£20**.

Enrolled schools receive a **FREE** copy the *first time* they send a teaching member of staff to a **Food for Life** [cooking course](#).



Date	Course	Venue
11 th February 3.30pm - 5.30pm	Food for Life Ideas Factory (twilight session) A free event with resources and delicious afternoon tea.	All Saints CofE Primary Long Street, Wigston, LE18 2AH
16 th March 3.30pm - 5.30pm	Food for Life Ideas Factory (twilight session) A free event with resources and delicious afternoon tea.	Sherard Primary School, Grange Drive, Melton, LE13 1HA
17 th March 9.15am - 3.30pm	From Plot to Pot, Planning what to grow in your school garden	Parkland Primary School St Thomas's Road South Wigston, LE18 4TA
22 nd March 9.15am - 3.30pm	Cooking Confidently Planning and preparing for curriculum cooking	South Leicestershire College, Blaby Road, South Wigston, LE18 4PH (SAT NAV use LE18 4PN)

To book for any of our courses, please log in to your online portal and click 'Events' to register online, or alternatively, e-mail our events team at fflevents@foodforlife.org.uk with the name and date of the course; dietary and access requirements; the delegate's name; a school contact e-mail and a telephone number.