

CASE STUDY - TO INCREASE THE NUMBER OF CHILDREN COOKING IN SCHOOL

NAME OF SCHOOL

HOLSWORTHY CE PRIMARY SCHOOL

HEALTH THEME

MAINTAINING A HEALTHY WEIGHT



SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS

- Specialist cookery room created – funds raised and donations used to provide quality equipment
- School Council has had significant involvement in planning ways to make cooking a meaningful and integral part of the curriculum
- Staff meetings held – cross curricular cookery sessions planned on a regular basis to create a progressive cookery programme which develops practical cooking skills in each year group
- Two TAs have responsibility to ensure cookery room is timetabled correctly and equipment is looked after
- Healthy Eating Days organised annually – involving visiting Chef and other food experts. Includes food related family activities
- Fruit and vegetables grown by the children in the new school garden plots is used in some of the cookery sessions
- Future developments based on ideas from consultation with School Council e.g. to link with SEAL work – Going for Goals etc. School plans to work towards the Food for Life Programme - Bronze Award

EVIDENCE OF IMPACT

- All children now experience practical cookery sessions on a very regular basis
- Children are now trying new foods and are more aware of the nutritional content of the dishes they prepare and make themselves
- Children's skills in preparing food has greatly increased and they are more confident in measuring and weighing ingredients
- Staff are now thinking in a more cross curricular way when planning cookery sessions
- Staff are more confident in preparing and delivering practical cookery sessions
- Parents, including parent helpers, feel that the cookery room is a great asset in school as children are being taught a life skill

REFLECTIONS FROM THE SCHOOL

This Intervention has been a success for the whole school community and can continue to be so because the equipment will be functional for the foreseeable future. School has set aside a small budget for purchasing ingredients and because cookery is planned in the curriculum, resources can often be shared, reducing the costs. Teachers are feeling more confident about the way in which cookery, healthy eating and food preparation skills can enhance the curriculum as well as inspire enthusiasm and creativity in children.

Other successful Interventions

- **Healthy Eating – Implementation of an after school cookery club for Year 6**
- **Healthy Eating – introduction of Healthy Tuck Shop and Breakfast Club**

For further information regarding this intervention, please contact -

CONTACT NAME

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