

Advice for Cooks & Chefs

on working with Schools during British Food Fortnight



In France the Government sends 3,500 chefs into schools every October to introduce children to the delights of their national cuisine – they call it 'Semaine du Gout'. In Britain, the Academy of Culinary Arts has been twinning chefs with schools through their 'Adopt a School' programme since 1990.

Inspired by this, cooks and chefs are invited to work with schools to teach children how to cook during British Food Fortnight.

In the build-up to the Fortnight, all schools in the UK are sent information on how to incorporate cookery and food-related topics into their curriculum teaching and are invited to take part in the event. Your local school is, therefore, likely to be planning activities during British Food Fortnight and would welcome any help you are able to provide.

Here is all the information you need to take part.



Above: Wymondley JMI School with chef Tony Fitt. Photo: The Comet

Messages of support from the Chef Associations

"Going into schools to bring food alive in the classroom enriches the children and yourself."

Chef, Rob Rees, MBE, who has given cooking demonstrations in over 30 schools during the Fortnight.

"The Academy of Culinary Arts, Britain's leading association of Head Chefs and Restaurant Managers, is delighted to work with British Food Fortnight and is proud to be supporting chefs working in schools."

Sara Jayne-Stanes, Director, Academy of Culinary Arts

"ARAMARK is really excited about British Food Fortnight. We are encouraging all our executive chefs to work with schools this year."

Frazer Rendell, Retail Promotions Director, ARAMARK

"The British Culinary Federation is encouraging its members across the UK to get in touch with a local school and take part in British Food Fortnight."

Graham Crump, President, British Culinary Federation

"The Craft Guild of Chefs is delighted to be involved with British Food Fortnight when we will be adopting a hands on cookery approach through our membership to inspire young people about the delights of cooking and British produce."

Steve Munkley, National Chairman, Craft Guild of Chefs

"The Master Chefs of Great Britain is delighted to work with British Food Fortnight and is proud to be encouraging chefs to work in schools."

George McIvor, Chairman, Master Chefs of Great Britain

"PACE is pleased to be actively encouraging catering colleges across England and Wales to work with schools during British Food Fortnight. Colleges will invite schools in for cooking demonstrations and suggest to their alumni that they run sessions for schools."

Jim Armstrong, Chief Executive, Professional Association for Catering Education

"Sodexo is encouraging chefs from all areas of its business to get involved with schools during British Food Fortnight and pass on valuable life skills to the next generation."

David Mulcahy, Craft & Food Development Director, Sodexo UK & Ireland



Above: Chef Rob Rees, MBE, giving cooking demonstration.

"British Food Fortnight's initiative sending chefs into schools is an invaluable way of teaching the next generation and we have loved being involved."

Dave Myers & Simon King, BBC's 'Hairy Bikers' celebrity chefs

"It was great to spark their interest in healthy eating. I am sure there will be a few budding chefs following the visit."

Steve Munkley, Head Chef, Kensington's Royal Garden Hotel



Below: ARAMARK chef running a cooking demonstration at Goodwood Farm.

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Things to consider when working in schools



Aims

To 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.

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

To demonstrate to teachers that it is possible to incorporate teaching about regional foods and cookery as life skills within the curriculum. For example, the history of our regional foods; the role of regional foods in shaping the geography of Britain etc.

To use British Food Fortnight as a catalyst for action in the hope that it will help develop long-term relationships between cooks and schools to enable similar activity to be sustained year-round.

Why it is in your interest to take part

Education is the most important catalyst in achieving a lasting food revolution in the UK. Children need to be taught about seasonality, provenance and how to cook so that when they leave school they have the knowledge they need to buy and cook healthy food with their families and friends.

Young people of today are your customers of tomorrow and their parents are today's customers. If the children go home talking about your visit to the school, their parents are more likely to support you than your competitors.

It is an opportunity to get some coverage for your restaurant, pub or organisation in the local press. Details of how to go about this are on our website www.lovebritishfood.co.uk > Teacher Zone

It shows commitment to your local community. You will enjoy it!

Suggestions for getting hold of food for the session

We recognise that there will be a cost implication in taking part in the Fortnight. Although we hope that these costs will be minimal, we suggest that you consider getting other members of your community involved to help you cover them.

Approach your regular suppliers and producers in order to source the quality, fresh, seasonal and regionally-distinct produce. You may like to think about using different, less commonly-used cuts of meats that are likely to be cheaper. For example, many of today's lamb dishes would have been made with mutton in days gone by so what about using mutton in your Shepherd's Pie? To find out more about the Mutton Renaissance, to order your copy of 'A Taste for Marketing Mutton' – a guide for anyone interested to know more about what mutton is and how to cook it – and for details of a butcher near you selling mutton go to www.muttonrenaissance.org.uk

To find out more information about, and even order, one of the 650 British apple varieties, contact the Brogdale Horticultural Trust's Chief Guide Ted Hobday Tel: 01795 535286, option 5 Email: hobdayt@btconnect.com Alternatively you can log on to our website www.lovebritishfood.co.uk > British food > Fruit & vegetables for a list of apples and their descriptions.

Find out from your local shop what local, regional and British produce they stock and see if you can use this in your demonstration. Tell them that this is an opportunity for the shop to highlight their produce to teachers, parents and students – maybe they will subsidise your purchases or even give it to you for free!

Engage with local producers: their involvement is an opportunity to highlight their products in the region. Perhaps they could host a class visit to show how the produce you are going to use in your demonstration is made? Or maybe they would like to conduct tastings at the school during your cooking lesson?

Cooking equipment and facilities

Most secondary schools have a fully-equipped kitchen and every primary and nursery school will have cooking facilities somewhere in the building – even if it is only a small oven or microwave in the staff room. You could also take a portable hob into the school. If cooking facilities are not available, then possible alternative sites for the cooking session include the kitchens in your restaurant, pub or organisation, the church hall or even town hall.

"I taught Year 10 and 11 Food Technology pupils from Myers Grove School in Stanington to make three starters, three mains and three desserts using all local ingredients. They cooked them in my kitchens and served them to friends, family and the public."

Dominic Butterell, Chef,
Robin Hood Inn



Above: All Saints CE Primary School, Fulham taking part in Hammersmith and Fulham soup making competition

"I am writing to let you know how pleased we were to be involved in British Food Fortnight. We invited youngsters from local schools to collect fruit from our orchard and to cook in our kitchen. The children really enjoyed themselves and our staff enjoyed the experience. We are very much looking forward to taking part again next year!"

Adrian Hornsby, Head Chef,
Ye Olde Plough House

Ideas on what dishes to teach

Early years – Assemble a sandwich or prepare baked potatoes with egg mayonnaise and cress.

Primary – Seasonal root vegetable soup with homemade bread and grated local cheese or Shepherd's Pie.

Secondary – Create a dish using a range of different cooking skills and techniques and seasonal British produce. For example, Pork Burgers with an Apple Sauce, Steamed Seasonal Vegetables and Potato Wedges.

Homework for all years – Apple Crumble

All the recipe ideas can be done by individuals or broken down into group activities. You will find the recipes on our website www.lovebritishfood.co.uk > Teacher Zone. Each recipe comes with timings, nutritional information and average costs.

These are just suggestions. You may have your own ideas of recipes to teach in school, or have a regional recipe that you would like to pass on to the next generation. Or it may be appropriate to teach a class to cook a dish that complements the teaching of a specific curriculum subject.

For further information, lesson plans and recipe cards see www.lovebritishfood.co.uk

Planning the session

Link up with a school. Start by approaching a school with which you have a connection; for example, the school your children go to or the school your friend's children attend. All schools in England, Scotland and Wales are being sent an invitation in June to invite local chefs into their school during British Food Fortnight. So, chances are there is a school waiting to hear from YOU!

Work with the school to decide how you are going to use your experience to teach children how to cook healthy meals using seasonal produce. Ideally, try to use local and regionally-distinct produce as this gives you the opportunity to talk about specific producers and introduce the concept of provenance. From the school's point of view, your session needs to meet their curriculum targets. Two resources are available to give you plenty of ideas on how to do this: 'A Guide to including Cookery within the National Curriculum' and 'Putting the Ooo back into food – A Resource Pack' with lessons and activities incorporating food-related topics into the National Curriculum. Both are downloadable from our website www.lovebritishfood.co.uk > **Teacher Zone**

Discuss plans with the school.

- Is it best for the session to be held at the school or at another venue? Ideally meet the teacher at the venue to plan the session. Take a note of what cooking facilities and equipment are needed and are available (if someone is describing the facilities and equipment, encourage them to be as specific as possible e.g. make and size of oven; extent of working surfaces). If the session is to take place in a room separate from the cooking facilities, how far is it from them? Is it realistic to carry food to and from them?
- Agree with the school your precise role and responsibilities.
- How hands-on should the session be? Will children be suitably attired? Chefs' hats and aprons are ideal but aprons may be covered in paint or glue! Maybe children could bring an extra top into school with them? And think about making sure that their sleeves are rolled up before the start so they do not get their cuffs covered in food!
- Are there facilities available for you and/or the children to wash your hands during the session? If not, think about having a bowl of water or a series of damp cloths to hand.
- How long will the session be? We suggest that it should be a minimum of one and a half hours in length allowing clearing-up time.
- How many children will be in the session? We would suggest that the maximum number should be 30.
- How many teachers and assistants (including parents) will be in the room with the class during the session?
- Will there be an assistant available to help you to clear up at the end of the session?
- Who is responsible for arranging any additional equipment requirements and for purchasing the food?
- Will you be reimbursed for your expenses, travel etc?
- Does the cooking session need to take account of any food allergies, intolerances or restrictions for faith or other reasons. (For more information on these see www.faithandfood.com and www.eatwell.gov.uk/healthissues/foodintolerance/foodintolerancetypes)

Follow up your meeting by sending the school a letter of confirmation with a timetable for the day. Make sure that you have all the information you need – do you need a map of how to get to the school, for example?

The school is responsible for ensuring that adequate insurance is in place for the activity or for the whole trip, including travel, if the cooking session is taking place off the school premises. But they may need to ask you a few questions to establish whether or not they will need to take out extra insurance.

The school may wish to make a criminal record check: schools have their own policies on Criminal Record Bureau checks and it is up to individual schools to decide whether to request one. The most important thing is that you must never be left alone with children without any adult supervision – even if there is just one child with you there must always be another adult present. For advice on this go to www.crb.gov.uk

Before the session

Consider inviting your local media to cover the event.

Taking part in British Food Fortnight is a good opportunity to gain some local publicity for your restaurant or organisation. Chefs and schools taking part in previous years have been featured in their local papers and some have even been featured on Terry Wogan's Radio 2 show and Blue Peter. All the information you need to help you gain local publicity – including sample news releases and a full list of media contacts in each region – is available on: www.lovebritishfood.co.uk > **Teacher Zone**

Plan your session carefully beforehand. Think about your audience and the depth of knowledge they already have. What additional information do you want them to go away with? What is the most important message to get across? Remember that a class's maximum listening time is about 15 minutes. Punctuate times when you are talking and demonstrating with opportunities for children to take part – maybe cooking or tasting something.

Give yourself plenty of time to become acquainted with the space in which you are going to hold the session. Try and use the space so all the pupils can see your demonstration.

"It was excellent. Every one of the children came back full of enthusiasm for food and cooking."

Lorraine Curmess,
School Secretary

During the session

Introduce yourself before you begin the session. Tell children about yourself, when and how did you learn to cook? What do you like to cook?

Engage the children with what you are saying.

A useful trick that teachers use is to start speaking quite loudly to introduce what you are doing but then to let your voice drop so it is fairly low and quiet. This draws children in and means they have to keep quiet in order to listen.

If you feel that you are losing the group's attention, have the confidence to stop talking and wait. They will soon fall quiet and you can then you can continue the session.

Don't panic. Your visit is a departure from the normal routine and so the children will be kind, interested and enthusiastic.

Be honest with the children. If things start to go wrong during the session, say so and explain what has happened. Children will pick up on it if you are starting to get stressed, so take the pressure off yourself by involving them.

Allocate enough time to talk about the session with the class, taste the food – if appropriate – and hold a question and answer session.

"My pastry chef and I organised healthy eating and cookery lessons in two local schools. This year we are thinking about having a menu competition with the winning meals going on to the schools' lunch menus and my hotel's Sunday lunch menu!"

Paul Zolik, Head Chef,
Coppid Beech Hotel

After the session

Use British Food Fortnight to build a long-term relationship with the school. Is running demonstrations something that you would like to do more regularly? Suggest arranging a follow-up session at the school next term.

Tell us about it! We want to know how your session went. What did you do? How did you go about organising it? What will you do next time? What will you not do? Was there anything you wish we had done to help you? What did you get out of the session? What did the children get out of it? Have you had any feedback from the teachers, parents or pupils? This information will help us to develop a 'best practice' model for similar activities in the future.

Email us on: info@lovebritishfood.co.uk



Examples from previous British Food Fortnights to inspire you:

For the second year running, **Adrian Hornsby, chef at Ye Olde Plough House, Bulphan, Essex** invited children aged 10 – 11 from two local schools for a fun-filled day at his establishment.

The children picked fruit from trees and bushes in the restaurant's grounds and then baked their own blackberry, elderberry, plum and apple dishes in the restaurant's kitchen. Adrian said afterwards: "Most of the children had turned their noses up at the thought of eating apples and plums. So seeing them tuck into what they had made was the best part of my day – and also gave us our first ten minutes of silence! They left with happy smiles and information packs with all their recipes and asked when could they come back!"

"We are very much looking forward to taking part in British Food Fortnight again this year!"

Andrew Bennett and Lisa Sutherland, chefs at the Sheraton Park Lane Hotel, London arranged two morning demonstrations and two hands-on afternoon sessions for pupils and their parents at **Wood Green Junior School, Wednesbury**.

Andrew recalls: "We wanted to teach the parents how to use vegetables in different dishes so we showed them how to make roast pumpkin soup and a vegetarian pasta dish. We also set up a huge fruit and vegetable display that really got the children's attention as they had never seen some of the produce before."

"In the afternoon we ran sessions for two groups of 16 children. They were fantastic! They all wore hats and aprons. To start with, we let them try a mixture of sweet, sour, salty and bitter foods to see if they could recognise which taste buds they were using. We then helped them prepare fruit kebabs with honey and yoghurt and make their own smoothies."

"We received so many letters from the children afterwards telling us how they now enjoy making smoothies in the morning before school and that their parents are making soups and pasta with them. It was very rewarding."

Boys at **Nottingham High Junior School** went back to basics when **ARAMARK chef Steve Coupe** paid a visit during British Food Fortnight. Steve taught the group of ten-year-olds how to cook that great British staple, Shepherd's Pie.

Steve recalls: "We talked about food traditions and I explained the difference between Shepherd's Pie and Cottage Pie. Then we got them peeling, chopping and mashing to make their own Shepherd's Pies."



Above: ARAMARK chef Steve Coupe, making Shepherd's Pie with boys from Nottingham High Junior School.

ARAMARK Catering Manager, Jo Richter, and Head Chef, Peter Chevin, were delighted by the reaction of children at **Water Street Primary** who they showed how to make smoothies, pizzas and vegetable kebabs. The Head Teacher was so pleased she has asked the chefs to come back on a quarterly basis.

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**, they designed and cooked a lunch menu at the pub for everyone else in the school. Throughout they wore T-shirts saying "Chefs in Training!"

Phil Brown, chef at The Columbia Hotel, Wellingborough, was one of fifty members of the Craft Guild of Chefs who was given £50-worth of ingredients by Brake Bros to go into schools and give a cooking demonstration using British produce. Phil ran two sessions for Year 9 students at a local school. The students were doing multi-cultural studies and so he decided to show them how to use British produce to make ethnic dishes: Caribbean Cornmeal Johnny Cakes filled with a sweet Chicken Curry and Turkey or Sausage Chow Mein."

"A lot of the students turned their noses up when I told them what we would be doing but, with their assistance in preparing the dishes, they changed their tune and not one of the 20 students in each class left a scrap of food on their plate!"

"The members of staff were thrilled with the demonstrations as it showed the students that British produce in season is not expensive, can be tasty and can be used in all types of cooking."

Robert Milligan, Executive Chef for ARAMARK, challenged Year 10 students at **Aveley School, Basildon**, to a sausage-making competition to come up with their own 'Aveley Sausage'. The winning recipe was so delicious that Robert decided to include it on his client's, JP Morgan, menus as the 'special of the day' later in the year! Robert hosted two days of demonstrations for all the students including bread-making classes, salad growing and harvesting, cheese, fish and meat tastings. "It was a real joy to introduce these young people to new skills!" said Robert. "If I got even one of them interested in cooking great food using local produce then I consider the event a real success."



Above: Julie Frost, teaching children at Rowan Preparatory School in Claygate about the benefits of eating fresh produce.

Julie Frost, Executive Chef for ARAMARK, took time out of her busy schedule to teach children and parents at **Rowan Preparatory School in Claygate** about the benefits of eating fresh, home-grown produce. To demonstrate the concept of food miles, she devised a game called 'Apple Pineapple' where she held up different fruit and vegetables and the children had to wave pictures of apples or pineapples depending on whether or not it was home grown. She also played another game matching produce to the seasons. Finally, Year Two pupils made an Apple and Blackberry Fool using fresh, seasonal ingredients. And everyone was given a party bag of local produce at the end.

Pupils from **Langley Wood Secondary School** were put through their paces in an 'On Your Marks, Get Set, Cook!' competition organised by the school's catering company, Scolarest. Each team consisted of two pupils and an adult and was given just 15 minutes to prepare different dishes, in front of a live audience, using ingredients which remained a mystery until the last minute. **Scolarest Development Chef Darren Tinker** said, "The live cook-off was very exciting and enabled students to learn some hands-on cookery skills. We also gave them lots of cooking tips and information about nutrition and healthy eating during the contest."

Pupils from **Hamstreet Primary School** were taught how to cook traditional dishes like Cornish pasties, Welsh rarebit, beef and Yorkshire pudding and even haggis! Children were supervised by Mark Kent, a chef from catering company **Avenance**, and were divided into groups at tables in the assembly hall, with each group preparing a different recipe ready for an afternoon tasting. Head teacher Jane Macey said, "It's been wonderful to see children trying new things!" Charlotte Juniper-Clark, 9, cooked roast beef and Yorkshire puddings with radishes and chives with her group. She said, "We read the instructions and it was easy. I like cooking because you can make all sorts of things and lots of people can share them." Jack Cragg, 10, added, "It was brilliant. I couldn't wait to taste it all!"

ARAMARK's Kevin Albion, Head Chef at Nationwide Northampton, showed ten-year-olds from **Earl Spencer Primary School** how to cook lunch. To get them in the mood he gave each child their own chef's hat. Kevin said: "I asked for a volunteer to help me cook. Every hand shot up and I soon had them all making omelettes. I then showed them different kinds of lettuce and we made a green salad and balsamic dressing. And finally I showed them how to make a milkshake. You should have seen their faces when I told them how many animal fats were used in my high street versions! After that they were even more interested in my fresh strawberry version. It got them thinking about what they eat. Hopefully, I'll be able to visit more local schools in future."



Above: Children from Earl Spencer Primary School in their chef's hats, learning how to cook lunch.

A Knutsford primary school had a two-day visit from **Karen Barnes, chef for ARAMARK**. Karen said: "We showed the five to seven-year-olds that everyday things like orange juice don't come from cartons. We made fruit kebabs and jellies and the children blended smoothies. We held up a trout and showed them its gills, fins and teeth and we took along a live crab and lobster. It was an amazing two days and the best thing was finding that even the most cautious children tried everything we offered them."