

# Food Workshops for Schools

## Half Day Workshop (no parents)

Our project worker will visit the school where they will deliver up to 4 x half hour sessions during either a morning or afternoon, working with groups of up to 15 children at a time. They will require 30 minutes of setting up/clearing away time at the start and end of the sessions, making a total of 3 hours on site.

**Price £215.00**

### The sessions will consist of:-

Looking at the eatwell plate  
The importance of 5-a-day  
Discussing how to achieve a healthy balanced diet  
Games / quizzes connected to healthy eating and staying fit and healthy  
Food tasting (the school will be required to ensure allergy forms are completed prior to our visit)

### What Dorset Food and Health Trust will provide:-

1 Project Worker on site for 3 hours.  
All food offered for tasting (see list below).  
Additional resources as appropriate to the age group (see below).

### What the school needs to do:-

Contact us to arrange the date/time of the workshop and complete a booking form.  
Ensure that an allergy form is completed for children taking part in any tasting sessions.  
Advise final numbers at least 2 working days prior to the workshop taking place.  
Provide a member of staff to assist with the children during the 1 hour sessions.

### Food includes a selection from the following:-

Rice Cakes / Oat Cakes  
Pitta Bread  
Tortilla Wraps  
Hummus  
Meat Paté / Fish Paté  
Spinach and Cheese Paté / Bean Paté  
Tea Bread or Banana Cake  
Selection of raw vegetables  
Selection of fruit

Recipes for cakes and patés can all be found in the 'What's in Yours?' booklets which we will supply.

### Inclusive resources supplied by us:-

#### KS1

What's in Yours? Healthy Packed Lunch Booklets\*\*  
Peel and stick 5-a-day activity sheet\*  
Artie Beat Books:- Artie Beat likes to....  
(1 set for school) Artie Beat's picnic  
Artie Beat's body book

#### KS2

What's in Yours? Healthy Packed Lunch Booklets\*\*  
The Big Food Challenge (1 for school)  
Look after your heart activity book\*

\* 1 per child involved in workshop

\*\* Additional copies can be supplied for other classes

*Resources listed are be subject to availability. We reserve the right to substitute with an appropriate alternative should any be unavailable.*

## DORSET FOOD AND HEALTH TRUST

Suite 7 Merley House Business Centre  
Merley House Lane  
Merley, Wimborne  
Dorset  
BH21 3AA

Phone: 01202 849111  
Email: [office@dorsetfoodandhealth.co.uk](mailto:office@dorsetfoodandhealth.co.uk)

