

# Food Workshops for Schools

## Full Day Workshop

Our project worker will visit the school where they will deliver up to 6 x half hour sessions during the day, working with groups of up to 15 children at a time. We will require setting up/clearing away time at the start and end of each session, making a total of 5 hours on site.

**Price £380.00**

### 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 5 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....

(2 sets for school) Artie Beat's picnic

Artie Beat's body book

#### KS2

What's in Yours? Healthy Packed Lunch Booklets\*\*

The Big Food Challenge (2 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

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