

Food Workshops for Schools

Half Day Cookery Workshop With Children

Our project worker will visit the school during the school day and deliver 2 x 1 hour, hands on, cookery sessions working with groups of up to 15 children (depending upon school facilities). Approximately 30 minutes of setting up/clearing away time will be needed at the start and end of the sessions, making a total of up to 3 hours on site.

Price £280.00

The sessions will consist of:-

Information on the importance of 5-a-day
Discussing how to achieve a healthy balanced diet
Hands on food preparation and cooking
Safe use of kitchen equipment
Food hygiene and kitchen safety

What Dorset Food and Health Trust will provide:-

1 Project Worker on site for up to 3 hours.
Recipe Cards or Booklets to support work undertaken.
All ingredients required to create recipes (as agreed with school - see list below for examples).

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 cookery sessions.
Advise final numbers at least 2 working days prior to the workshop taking place.
Ensure at least one member of staff is present during the session.

Examples of food that can be made during a cookery workshop:-

- Wraps with various fillings
- Pizza with various toppings
- Fishcakes
- Soups
- Homemade Burgers / Vege Burgers
- Smoothies
- Sweet and Savoury Scones
- Healthy Cakes
- Basic Sauces - Tomato, Cheese etc.
(and how they can be used)

Please Note - This is not a definitive list and the school will be invited to discuss their individual requirements and agree a menu prior to the workshop taking place.

This workshop is subject to suitable kitchen/cooking facilities being available at the school. This would need to be established prior to any event taking place. Where resources are limited, we are able to supply some equipment including items such as table top hobs - please contact us for further information.

DORSET FOOD AND HEALTH TRUST

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