

With

**The
Greens**

**FOOD
FARM**



**EDEN'S EDUCATIONAL
WORKSHOPS AND
INITIATIVES GUIDE**


eden

INSPIRING MINDS

Eden Foodservice (Eden), your school caterer, are able to offer your school more than just food! We recognise there is a real opportunity for specialists within our organisation to support you in delivering key educational messages around **food, health, growing and cooking**; in line with the National Curriculum and The School Food Plan.

Our qualified Nutritionists and Chefs visit schools carrying out a range of innovative, age appropriate educational workshops. Our workshops support key nutrition policy initiatives including **Change 4 Life, 5 A DAY** and **The Eatwell Guide**. We would be delighted to visit your school to **inspire your pupils** to think differently about food and to empower them with the skills and knowledge to make healthy choices for themselves.

We also offer **workshops for parents** and **training opportunities for school staff** including Allergen Training and 'The Importance of a Good School Food Culture' training developed by the School Food Plan.

All workshops and training are offered free of charge to your school. If you would like to book a workshop, please email us at: **info.eden@interserve.com. We look forward to hearing from you!**

Meet the Team

Jan Davies, Operations Manager
and Loren Rogers, Craft Trainer

"Hi, we are Jan and Loren and we love helping to create tasty and healthy food for you to eat at lunchtimes. Part of our role includes working with pupils to teach them about cooking and healthy eating. We love delivering practical sessions with pupils so that they can taste new foods and learn to make healthy and delicious meals for themselves. We can adapt the workshops so they fit in with the school curriculum or any special topic you may be covering. We look forward to hearing from and meeting you all."



School Initiatives

BACK TO YOUR ROOTS

AGE GROUP: ALL YEAR GROUPS

KEY TOPICS: GROWING, COOKING, NUTRITION



Back to your Roots is Eden's innovative growing initiative which has been carefully designed to support schools in the exciting process of educating and inspiring pupils to grow their own food, encourage a love of cooking and a desire to eat well.

Back to your Roots provides a great opportunity for schools to **integrate growing, cooking and nutrition into school culture**. This initiative includes a range of interactive educational workshops, a selection of seeds for each year group to grow and a school growing journal where pupils can record and share their growing journey and take part in fun classroom activities.

"Most of the pupils don't do anything like this at home, so Back to your Roots provides a great opportunity for pupils to learn about growing and where food comes from. This initiative supports equal learning for all pupils as the activities involved can be enjoyed by all, including those with learning difficulties and special needs."
Special Needs Interventionist, St Peter and St Paul Catholic School, Bromley



CLASSROOM COOKS

AGE GROUP: ALL YEAR GROUPS

KEY TOPICS: NUTRITION, RECIPE DEVELOPMENT, COOKING

Classroom Cooks provides pupils with the opportunity to become mini menu developers for Eden. **Working alongside our Chefs and Nutritionists, pupils have the opportunity to create, test, evaluate and name their own dish.**

This initiative has been shortlisted for a number of industry awards.



LOVE FOOD HATE WASTE

AGE GROUP: ALL YEAR GROUPS

KEY TOPICS: FOOD WASTE, ENVIRONMENTAL ISSUES

Food waste is a major issue. We throw away 7.2 million tonnes of food and drink from our homes every year, the majority of which could have been eaten. A whole school assembly will be delivered on the impact of food waste, following which we will monitor food waste from the pupils' plates for two weeks to see if they can play their part in supporting a healthier environment! This initiative has achieved an average 25% reduction in plate food waste in participating schools.

Proud to support
LOVE FOOD
hate waste



Educational Workshops

THE EATWELL GUIDE

AGE GROUP: YEAR 2 - 6

KEY TOPICS: NUTRITION, 5 A DAY, THE EATWELL GUIDE

This workshop introduces pupils to the principles of a healthy balanced diet, through discussions and interactive activities based around The Eatwell Guide.

"We have learnt about what we need to eat to have a balanced diet, we now know about the different food groups and how much of each we need."

Year 3 Pupil



PRACTICAL COOKING WORKSHOPS

AGE GROUP: ALL AGES

KEY TOPICS: COOKING, NUTRITION, THE EATWELL GUIDE

These fun and interactive practical cooking workshops, teach pupils to make popular dishes such as pizza and wraps whilst also learning about healthy eating and healthy cooking techniques.



Dear Jan and Loren

Thank you for helping us to make wraps today. We had a great time and the wraps tasted delicious.

From class 2

THE VERY HUNGRY CATERPILLAR

AGE GROUP: EARLY YEARS, YEAR 1

KEY TOPICS: NUTRITION, HEALTH, 5 A DAY

This workshop educates younger pupils on the basic principles of healthy eating by learning through 'The Very Hungry Caterpillar' book. This enables children to recognise and describe different fruit and vegetables that contribute to 5 A DAY and understand why we should not consume too much food high in fat and sugar.





SMOOTHIE BIKE

AGE GROUP: YEAR 2 - 6

KEY TOPICS: HYDRATION, NUTRITION, 5 A DAY, EXERCISE

One of our most popular initiatives, the Smoothie Bike is a vehicle to educate pupils about the importance of hydration and exercise in a fun, engaging way. Pupils can choose the ingredients for a smoothie then ride the specially designed bike to power the blender and see their healthy drink being made!

BREAD MAKING

AGE GROUP: ALL AGES

KEY TOPICS: COOKING, NUTRITION, THE EATWELL GUIDE

This workshop empowers pupils with a key life skill – bread making. This hands on practical session covers bread making techniques, from dividing to kneading and shaping bread rolls and gets pupils thinking creatively by using different vegetables, herbs and spices to flavour their bread.

"The workshop had a very good crossover with the children's current learning about the Mayans and how maize and other staple crops (like wheat) were central to their civilization. The children thoroughly enjoyed playing with the bread dough (majority of children had never touched it before) and thoroughly enjoyed creating their own bread designs. They were very satisfied when they saw the end product of their baked bread."
Year 6 Class Teacher, Wormholt Park Primary School, Hammersmith

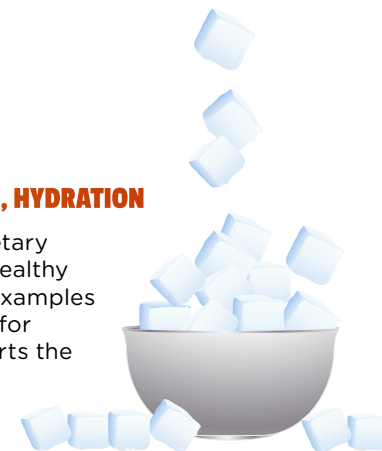


SUGAR AWARENESS

AGE GROUP: KEY STAGE 2

KEY TOPICS: NUTRITION, THE EATWELL GUIDE, HEALTH, HYDRATION

This workshop aims to educate pupils about the dietary recommendations for sugar, sources of sugar and healthy swaps. This session provides a 'shock factor'; with examples of the sugar content of popular items high in sugar for example fizzy drinks and confectionery. This supports the Change 4 Life 'Sugar Swaps' guidance.



SHOW AND TELL

AGE GROUP: Year 3 - 6

KEY TOPICS: FRUITS AND VEGETABLES, SEASONALITY, CULTURAL DIETS, GEOGRAPHY

During this workshop, pupils have the opportunity to see, touch, feel and taste unusual fruits and vegetables from around the world. Pupils are asked to bring in an unusual fruit or vegetable and to tell the class some interesting facts about where it comes from, how it may be used in recipes and the health benefits. This session provides a great opportunity to discuss seasonality and cultural diets.



COOKING AND HEALTHY EATING WORKSHOPS FOR PARENTS

Eden offer a range of workshops for parents around cooking and healthy eating. This includes our **'Healthy Eating on a Budget'** workshop and **practical cooking sessions** to provide some top tips on healthy meals to cook at home with the family.





Training for School Staff

ALLERGEN TRAINING

KEY TOPICS: ALLERGIES, INTOLERANCES, COELIAC DISEASE, ALLERGEN LEGISLATION

We offer Allergen Training for school staff to promote allergen awareness in the school and the dining hall. This supports the School Workforce Development Standards for Midday Meal Supervisors.

THE IMPORTANCE OF GOOD SCHOOL FOOD CULTURE

KEY TOPICS: SCHOOL FOOD, HEALTH, NUTRITION, WELLBEING

The main aim of this session is to help school staff understand why a good school food culture is important and how it improves pupil health and well-being. After reviewing examples of schools already benefiting from revolutionising their food culture, participants will be asked to identify some practical steps they can take to improve the food culture in their own school.



EXTRA INFORMATION

Please let us know if you have any workshop requests as we are happy to adapt our sessions to support your curriculum topics!

If you would like to get in touch to discuss workshops for your school, please email us at:
info.eden@interserve.com

