



## Classroom Cooks: Larmenier & Sacred Heart Catholic School

Eden have worked with six schools to date in Torbay, Bedford, Bristol, Croydon, Bromley and one in London. In all schools, the sessions went extremely well and we currently have three of the dishes that were developed featuring on Eden's Spring/Summer menu in all of our schools across the country. An account of how the initiative worked at Larmenier & Sacred Heart Catholic Primary School, Hammersmith, is provided as a case study below.

### *Session 1*

In December 2013 Eden's Craft Trainer, Joe Gardiner, and Development Manager, Rachael Venditti MSc. RNutr., met with the school's Pupil Council (pupils ranged in age from 6 to 11) and Pupil Council lead, Coral Johnson, to develop a dish for Eden's April 2014 menu.

The pupils were enormously excited that the dish they would be developing would be served to thousands of pupils across the country and felt that it was very important they made a dish their peers would love eating. They enjoyed and engaged with the nutrition talk and demonstrated a sound knowledge of healthy eating. The talk by Joe showed the pupils real passion for food and excitement at the idea that they would not only develop a dish but would actually have the chance to help cook it in the school kitchen.

The pupils were extremely enthusiastic and had a great understanding of food when they began putting their ideas forward for Larmenier's Classroom Cooks dish. They chose to create a chicken recipe and after discussing lots of interesting ideas, the almost unanimous decision was made to develop a spicy chicken wrap. Pupils chose what vegetables they would like added and heard the nutritional benefits of incorporating these along with some of Eden's Tomato Base Sauce (a blend of six fresh vegetables).



Joe was then able to offer expert advice on how to put a recipe method together. The final part of the session involved pupils agreeing a name for their dish. Some very creative ideas were put forward, but in the end they decided that a Year 5 pupil's suggestion of *Larmenier's Chock-A-Block Wrap*, that she felt fitted a dish 'choc-a-block with healthy vegetables', was the name for them!

## *Session 2*

Joe and Rachael returned in February 2014 to carry out Session 2 of Classroom Cooks in the school kitchen along with Stella Boeteng Opoku, the school Catering Manager. The pupils loved being in the kitchen and watching their dish come to life. They used a recipe sheet to talk Joe through the cooking process and all sat down at the end to enjoy and evaluate their dish.



## *Evaluation*

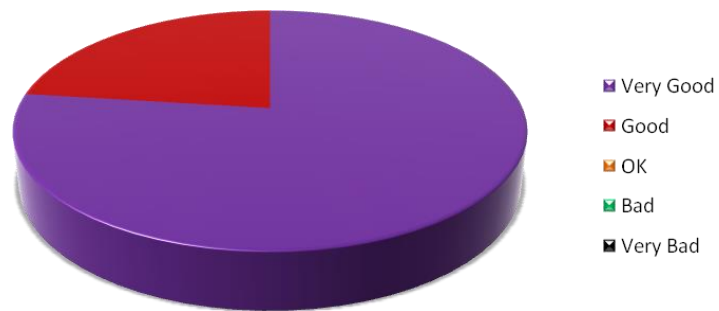
Pupils used the Eden Recipe Evaluation Sheet to assess the success of their dish and decide whether any changes should be made prior to the recipe being used on the next menu cycle. Pupils enjoyed this part of the process and the smiley (or not so smiley) faces that were used worked well with the varying age range. There was a space on the form for suggestions of how the dish could be improved.



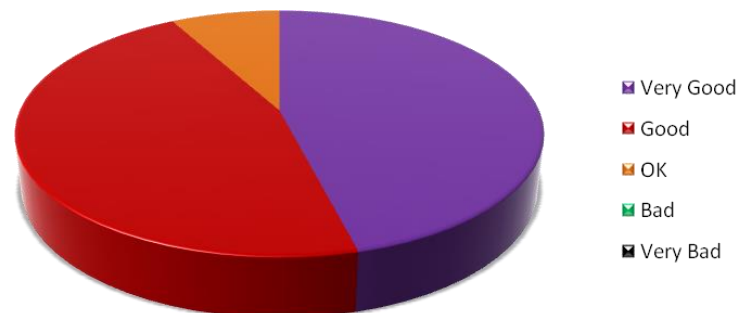
### Evaluation Findings

The Smiley Face evaluation findings, calculated as percentages, are shown in age appropriate pie charts below.

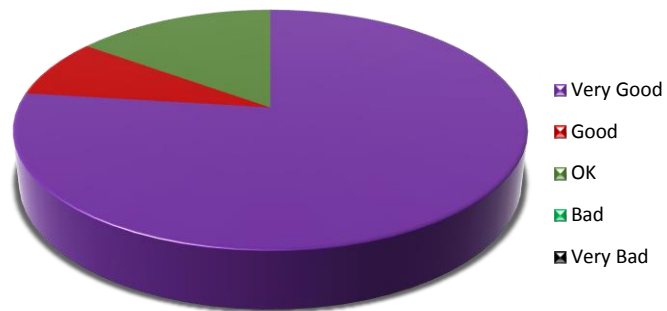
**Production** – How easy is it to prepare and cook the dish?



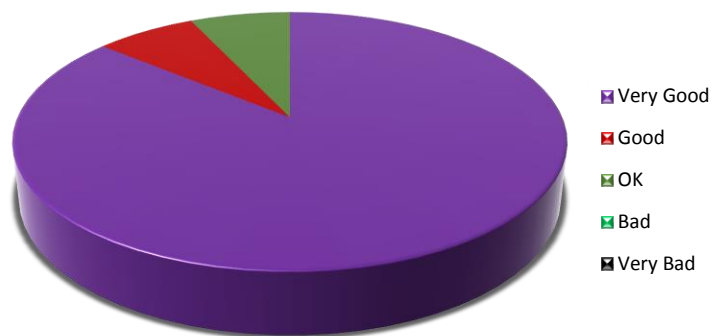
**Appearance** – Does the look of the dish make you want to eat it?



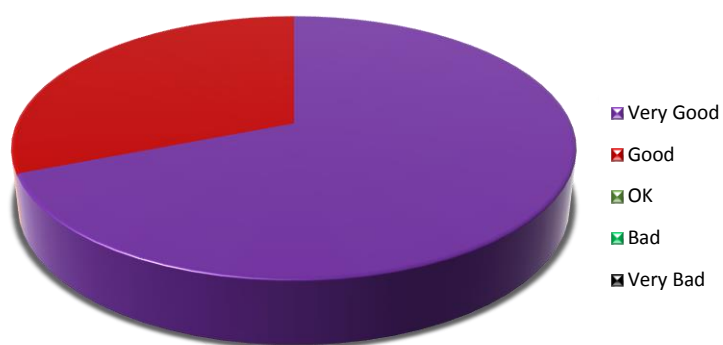
**Texture** – How does the food feel in your mouth?



**Flavour and Smell** – How good does the food taste and smell?



**Popularity** – Did you like the dish and would other pupils in your school like it?



*Suggestions as to how the dish could be improved*

The great majority of pupils felt the dish created was perfect and had no suggestions for improvements. The few comments made were as follows:

*"It's already perfect"*

*"I loved the chicken because it was mouthwatering and delicious but I would make a vegetable plate and chicken plate so you could choose what you would like because some people are vegetarians"*

*"I love it"*

*"Add cucumber"*

