



Working with the catering service to integrate food education

Healthy eating is at the very heart of Caterlink's approach to food. We wholeheartedly encourage balanced eating patterns within our schools and have found that by offering assemblies and cooking lessons is a great way to promote Healthy Eating and a well-balanced diet which helps with physical fitness and general good health, both in body and mind. Within the content of our lessons we teach the pupils that not just chefs should have a huge respect for the produce which we use but also as the pupils of today and the adults of tomorrow. Our chefs love to cook and their passion helps to deliver a very informative and enjoyable time for all involved, this is their way of giving something back to the pupils we cater for.

For a truly beneficial experience we don't think you can beat pupils growing and preparing their own food and then sitting down to eat it together.

Lessons include:

- Bread making
- Fruit Salad preparation
- Harvesting and producing a salad dish.

"Caterlink have provided real experiences for the children to both understand the origins of their daily food and to participate in food handling. In addition to learning bread making skills the children were taught food hygiene and encouraged to work co-operatively"

Christine MCleod Smith Head Teacher
Eton Porny C of E First School