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Putting the

back into food

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THE CASE STUDIES

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Introduction

What's it all about? British Food Fortnight is an established date on the school calendar. Hundreds of schools use the event as an opportunity to teach young people about food: about the diverse and delicious range of food available, the benefits of healthy eating and about the pleasures of eating quality, fresh, seasonal and regionally distinct produce. This guide gives you case study examples of how schools have taken part.

Why take part! The national food celebrations are a fun way to get your whole school excited about cooking. For primary schools it is ideal for helping you to make sure that food stays on your curriculum which is the best way of guaranteeing the healthy well-being of your pupils.

What resources are available to help you take part? The event provides you with everything you need to teach cookery in your school or youth group. The event's website www.lovebritishfood.co.uk is a one-stop-shop for teaching young people about British food and includes:

We hope the case studies in this guide will inspire you to take part this year!

"British Food Fortnight's initiative sending chefs into schools is an invaluable way of teaching the next generation and we love being involved."

Dave Myers & Simon King,
BBC's 'Hairy Bikers'
celebrity chefs

"British Food Fortnight's website is a wonderful resource! Saved me hours of work this weekend – thank you."

Subscriber to TES

How schools used British seasonal foods to cook a meal containing a healthy balance of the food groups the body needs

We set schools the challenge of creating the ultimate healthy British meal – here are examples of how they took part!

How primary schools took part

Marlborough House School asked local farm shops to provide boxes of local fruit and vegetables. The farm shops were marked up on an Ordnance Survey map in the school dining room with each farm marked in proximity to the school. Each farm shop was allocated one day during the Fortnight and as a result 62 varieties of produce were delivered, prepared and served. This was then offered to the children so they could taste and compare the produce to gain knowledge on local varieties.



Marlborough House School

Pupils from **Hassell CP School** linked up with their Indian partner school for British Food Fortnight. Hassell designed a special British Food Feast menu which their Indian partner school then prepared and ate in India!

Pupils at **Port Ellen Primary School** organised a 'Farmer's Food Mile Feast'. The students looked at locally produced food and farming, examined where food comes from and the environmental impacts of food miles. The children practised their cooking skills making low food miles healthy tuck and planning a Farmer's Food Miles Feast for 40 parents.

Ardeer Primary School incorporated the challenge into their history curriculum. They were studying the Victorian era at the time and therefore used local Scottish ingredients such as cranachan and mashed turnip – ingredients that they thought would have been available at that time in history.

Ruswarp CE Primary embraced the challenge with full force by practising being restaurateurs and opening the 'Rhubarb and Nettle' restaurant in school for a day! They served food grown in the school garden such as salad leaves, potatoes, nettles and mint leaves as well as produce from local retailers.

Tyrie Primary School used British Food Fortnight as an opportunity to explore the local community. During the two weeks, pupils visited a local fish factory, a dairy store, a market garden, a free-range egg business and a local butcher to improve their understanding of sourcing foods from the local environment in an effort to reduce the school's carbon footprint. Pupils then teamed up with Robert Bruce, Head Development Chef of McRae's Seafood

Company, to use the knowledge gained from their visits. Together they produced a British Food Fortnight menu, which was dished up to the local Women's Institute.

Malsis School gave their students a hands-on experience during the challenge. The students spent time fishing for trout at their local reservoir and foraging for blackberries on the school grounds.



Malsis School

Youngsters at **Egton Primary School** cooked up a storm during British Food Fortnight. Over the two weeks the pupils cooked various recipes with the help of Chef Tom Douch, from the Dowliffe House Hotel in Filey, who taught the children how to cook a variety of fish, and Geoff Oldroyd, from White Horse Farm Inn in Rosedale, who demonstrated how to make sausages.

For British Food Fortnight **Ladygrove Primary School** pupils arranged a special lunch time event for parents. Letters were sent out inviting parents to come to lunch in the school and to choose from a menu of dishes that the children were making. After the event parents were asked to fill out an evaluation sheet, which was used as part of the literacy class. During numeracy the pupils counted the cash and calculated the cost of food and profit made.

How secondary schools took part

Linlithgow Academy took part in British Food Fortnight by sending fourteen of the Year 10 pupils to all the local primary schools to deliver the healthy eating message through presentations and activity sessions. They then set up a visit from Ricky Wilson, a local chef, to carry out practical cookery demonstrations in class.

Greencroft Business Community School embraced British Food Fortnight as part of their after school cookery classes. The group decided to cook a selection of menus to incorporate as much seasonal British food as possible. This included food from the school garden such as leeks, onions, swede, rhubarb and apples and local meat from a butcher who uses local suppliers. They also included dishes for people who had specific dietary requirements such as wheat intolerance and vegetarians.

Ten students from The Friary School in Year 10 cooked a 3 course meal with the assistance of chefs from The George Hotel. They then served this meal to approximately 60 staff members, friends and people associated with the school.



Old Warren House organised a cookery programme for Year 10 and 11 during British Food Fortnight which was enhanced by trips to local food businesses and the idea of 'growing your own' in the school allotment. Before the challenge the pupils visited a local butcher to watch a demonstration of how sausages are made. They then went back to the school and made sausages themselves. The school also visited a local beekeeper to see how honey is produced, which was then sweetened and used to make a special pudding for the challenge.

Year 11 hospitality and catering GCSE students from **Caereinion High School** chose to host a dinner for 30 guests in the school as part of British Food Fortnight. The menu consisted of a 3 course meal and included as many local and regional ingredients as possible. They researched the availability of ingredients by visiting farmers markets and a local farm and then worked with chef, Nick Davies, from Cambrian Training to produce the meal.

Firrhill High School focused on Scottish foods with ARAMARK Executive Chef, Neil Ross. Several classes were given demonstrations on different uses and techniques for preparing and cooking various local foods. Two groups of pupils then spent the day cooking local food with Neil.

During British Food Fortnight **Inverness High School** visited a farm to learn about food production. After the visit the pupils prepared a meal using the vegetables sourced from the school farm.

Students studying BTEC hospitality at **St. Benedict's College** embraced British Food Fortnight by holding a locally-sourced dinner for the school governors, head-teacher and parents.



How Special Schools took part

For British Food Fortnight **Newark Orchard Area Special School** teamed up with a local catering manager. Together they produced a Truly British menu, filled with fruit smoothies, minced steak cobbler, and apple crumble.

Bradfields embraced British Food Fortnight with full force. The pupils designed, cooked and ate local dishes chosen in their KS4 healthy eating class. The menu included homemade quality meat burgers and fruit salad.

BTEC students from St. Bartholomew's School teamed up with an ARAMARK chef to hold a competition to cook the best pan fried Brill.



How schools designed and cooked a meal using the minimum number of food miles

We set schools the challenge of sourcing produce locally to produce a meal using a tiny amount of food miles – here are examples of how they took part!

How primary schools took part

Pupils from **Mosstodloch Primary School in Moray** leapt at the chance to go scrumping in their teacher's garden just three miles from the school. They then borrowed the school kitchen to make apple and plum crumble. The following day the crumbles were served in school and also made up part of the menu for their local Meals on Wheels.

Wilson's Endowed CE School in Over Kellett threw themselves into the Challenge. They organised a 'Bring a Friend to Lunch' Day and held Baking Days using fruit from a local fruit farm. The results were then sold at an Afternoon Tea party to raise funds for charity. The After School Club made a vegetable casserole using locally sourced ingredients, including some from the school's garden, that was served at the Harvest Supper. Celebrity chefs the Hairy Bikers and Michelin-starred chef Nigel Howarth lent their support to the activities.

Cummersdale Primary School in Carlisle prepared a menu in which none of the ingredients came from more than 20 miles away. Andrew Burton, Head Chef of the Rothay Garden Hotel, Grasmere, spent two days with the school showing them how to prepare the dishes and organising a 'big chop'. 67 children chopped vegetables for soups and casseroles.

Banks Lane Infant School in Stockport incorporated the Challenge into their geography lessons by using maps to identify where much of their food comes from; into PHSE by considering how food comes to this country, the fuel it uses, and the consequences of sourcing food from so far away; and into Design Technology by designing and making potato heads from a selection of locally-sourced vegetables.

Taxal & Fernilee Primary School in Derbyshire made a Hedgerow Pudding that had only 25 food miles. This was mainly from the homemade bread that came from 20 miles away. They served a feast to members of the community which involved working in teams to gather the ingredients, preparing and cooking the food, setting up tables and even washing up!

Stenton Primary School in East Lothian managed to produce a menu with ZERO food miles (so no salt in the cooking). They then cooked it for their ex-Headteacher to celebrate her 70th birthday. The fruit and vegetables all came from pupils' gardens and farms and some delicious trout was supplied by a mother who works at a local fish farm.

Godwin Primary School in Dagenham visited local allotments that had agreed to donate eggs, fruit and vegetables. Their menu had 24½ food miles. 24 of these miles were for the bread flour donated by Marriage's Flour in Chelmsford.

Marlborough Primary School in Isleworth used British Food Fortnight as an opportunity to trial new ideas in the school dining room. Every day during the Fortnight a member of staff hosted a Top Table for five invited children to encourage good table manners. This has proved immensely successful and will continue.

Woodmuir Primary School in West Lothian discussed the health value of using fresh food and the positive effects of reducing food miles. Their cookery lesson culminated in the whole school sitting down to vegetable soup, beef burgers and roasted vegetables and apple and blackberry fool with a strawberry coulis, all of which came from local suppliers.

Randolph Beresford Early Years Centre in West London proved that urban schools can compete just as easily as those in the country by only using vegetables grown in their own school garden for their menu of Pumpkin and Rosemary Soup and Vegetable Stew.



The pupils at **Longcot & Fernham Primary School** in Oxfordshire initially suggested you could cut food miles by going to a closer supermarket! However they soon grasped how to minimise their food miles and ended up with a menu that had a total of 10 miles by using eggs from a grandparent's chickens and salad vegetables, herbs and fruit from their own gardens.

More than 400 pupils from **Liberton Primary School in Edinburgh** took part, preparing and cooking healthy, delicious dishes. They sourced British ingredients, Scottish where possible, and used vegetables from their own school vegetable plot.

Stonegate Pre-School in East Sussex made good use of a farmers' market that takes place in the same hall that they use (although we are assured not at the same time!). This provided them with everything they needed to make a Red Apple Cake with all the ingredients coming from within five miles.

Thinking about a locally sourced meal triggered work across all years at **St Francis CE Primary School in Cowley**. From Year 1 discovering that vegetables do not just come from supermarkets to Year 6 finding out about new foods that arrived in England during the Tudor times. They then made vegetable soup and bread using vegetables from local gardens and flour from a local mill. As a result, the School Governors are now considering more positively a request for a school allotment and a designated cooking area.

"I am immensely impressed by the ingenuity and imagination of the schools that have taken part in British Food Fortnight over the last few years."

HRH The Prince of Wales
in the Foreword to British Food Fortnight's school resource pack.



How secondary schools took part

Killicomaine Junior High School in Northern Ireland spent one week debating the term 'food miles' and a second week cooking their favourite dishes and calculating the food miles incurred. Two of the dishes were calculated to within 2½ miles! The Killicomaine Geography teacher said **"An excellent competition that highlights the advantages to the environment of both buying local produce and buying in season ingredients. Pupils are able to create dishes with locally grown produce which supports local farmers too"**.

Plockton High School in Ross-shire is next to a loch so managed to serve prawn salad with zero food miles! The only item on their menu with any food miles was the crème fraîche, and even that only travelled four miles!

**"The British Food
Fortnight 'Cook for Life'
Challenge is a great initiative
and we'll be making sure that we
are fully equipped to enter again
this year".**

Gunthorpe Primary School,
Peterborough



ARAMARK chef Gary Bolton spent two days at **Oakwood High School in Eccles** giving cookery lessons to Years 7-11 and also to a group of retired men who attend a weekly cookery class at the school! On Day One the groups compared a homemade Shepherd's Pie to a shop-bought one and on Day Two they focused on British puddings served with custard, again comparing a homemade variety with a shop-bought custard.

Pupils at **King James 1st Community College in County Durham** produced a menu with a total of 4½ miles. The practical cooking lessons were an opportunity to talk about shopping wisely, the Red Tractor mark, nutritional values, 5 A DAY and food miles.

Greencroft Community School visited Durham Farmers' Market in September. The children had to compare prices before deciding where to do their shopping. Back at school they made a rabbit casserole using rabbits supplied by a pupil's grandfather! The pupils also used the Challenge as the basis of a survey of local butchers to find out where their produce has come from and how many miles it has travelled.

Bemrose School in Derby has 48 different nationalities, but still managed to produce a menu with no air miles!

Bottisham Village College catering students opened a coffee shop with a 'Best of British' theme to learn about running a business. The menu included sausage rolls using sausages from **Newmarket**, scones using flour from the local mill and a plum bake. Members of the Bottisham Women's Institute were among the first to enjoy the new coffee shop. To make the WI feel at home, the students ran a Victoria Sandwich cake baking competition.

Aylsham High School in Norfolk took part in an 'Apple Dash' organised by The National Trust's Blickling Hall. Students were required to pick apples from Blickling Hall's orchards, 'dash' with them back to the kitchen and then, incorporating other local ingredients, create a 'Blickling Apple Pie with a Cheese Crust'. Judging by locally-based celebrity chef Galton Blackiston was based on speed, team work and, of course, the quality of the pies.

A permanently excluded pupil on a 1:1 learning programme used the Challenge to visit a local supermarket and check where food comes from. This project helped him work independently and improve literacy, numeracy and humanities skills. He then used the food he bought to cook and serve a vegetable soup and bread lunch to six staff and pupils.

The overall winner of the 2008 Challenge, **Hawarden High School in Flintshire** created a number of different menus using as much local produce as possible and then chose a final menu based on 'Yummy' ratings. With a bit of substitution and imagination they managed to reduce the food miles of their winning menu by an amazing 95%. For example, they replaced the vanilla in the ice cream with local honey, used local gooseberries in place of an orange in the main course and exchanged cane sugar for home-produced beet sugar. The pupils even made their own Welsh Acorn Coffee to end the meal!



How Special Educational Needs (SEN) schools took part

Beaumont Hill School pupils used local farms, allotments and **Darlington's** Indoor Market to source ingredients for making healthy meals in their 'Let's Get Cooking' after-school club.

Danesgate Pupil Support Centre in York used the Challenge as an opportunity to discuss the implications of food miles. They also planned a meal around their own produce supplemented by purchases from a local wholefood shop and a farm roadside cart.

Alderman Knight School in Tewkesbury celebrated British Food Fortnight by sharing a harvest lunch and displaying local fresh produce. KS2 sang a harvest song and KS4 pupils spent their cookery lesson preserving beetroot and pickling onions. Local celebrity chef, Rob Rees, visited the school to do a cookery demonstration using local produce. Pupils could smell and touch the ingredients and were encouraged to ask questions about food and cooking.

Pathways Special School in Castleford looked at, smelt and tasted a selection of locally produced fresh vegetables provided by the local Primary Care Trust. They then used the vegetables to make a delicious vegetable soup.

Alexandra Special Needs School in South Harrow held a very visual assembly using a map to show the different impact on the environment of apples picked from their own apple tree and those flown in from another country. The Challenge made the concept of food miles easily accessible to all the children.

Highfurlong School (SEN College) in Blackpool asked each class to prepare and cook a different course for a seven-course banquet. They even managed to incorporate the challenge into their hydrotherapy sessions: children had to imagine what it was like to be a fish!



Parents were involved too

Children from **East Hartford Primary School** in Northumberland invited their parents and friends to a school assembly based on the song 'Old MacDonald had a Farm' showing where meat and milk comes from. A bacon, sausage and egg breakfast followed. The children learned about the important ecological benefits to be gained from the local sourcing of food

Willersey CoFE Primary School in Broadway avoided ingredients that were not grown or processed near the village and so decided against using flour-based recipes and used honey rather than sugar. But they still managed to produce a four-course meal. The school does not have cooking facilities so the cookery club is run in the village hall by parents and members of the village community.

Spreyton Primary School in Devon greeted British Food Fortnight with great enthusiasm. Parents, teachers and children were all involved in preparing Pork & Apple Burgers served with beetroot ketchup, potato wedges and mixed greens. The children learnt to weigh and measure foods, develop and



use new vocabulary and work with adults in groups. On a map of the local area children pinpointed where the ingredients had come from and worked out the number of food miles.

Hanover Primary School in Islington showed it had 'True Brit' by celebrating British Food Fortnight with an Autumn Food Fair. Shop-bought goods were banned and the stalls heaved with delicious, local produce, all made by the children, their parents or carers. A local supermarket very generously donated a box of food as a prize for the Name that Vegetable competition. Hanover's resident chickens were so excited by all the events they produced their first egg!

Bury CE (Aided) First School in Pulborough spent a day cooking with local chef and food writer Rosemary Moon. The children worked in groups, together with their parents, to make a variety of seasonal dishes using locally sourced produce.

Chefs from The George Hotel, Lichfield, invited Year 10 students from **The Friary School Secondary School** to cook a three-course meal in the hotel's kitchens. The students used British produce to cook a meal before serving it to parents, friends and teachers.

"British Food Fortnight gives us the perfect opportunity to explore these delights on an annual basis."

Wilson's Endowed CE School

Top tips on taking part

Recruit your own Jamie

- Organisations representing 9,000 chefs have volunteered to help schools teach children how to cook during British Food Fortnight. Chefs local to your school have been sent information about working with schools so the chances are there is someone near you willing and eager to help!
- Contact details of chef and catering organisations that will help put you in touch with a chef plus a list of things to consider when inviting a chef into your school can be found in the Teacher Zone on www.lovebritishfood.co.uk

Don't fret about equipment & ingredients

- If you don't have the facilities to give a cooking lesson in your school, consider using the kitchen in your local pub, restaurant, church hall...
- Ask for help from local retailers and producers. They may be able to supply you with ingredients.

Seek inspiration

- Borrow ideas from the examples in this guide of how schools have taken part in previous years.
- Download the definitive guides for early years, primary and secondary school teachers wanting to incorporate food-related activities and cookery within their curriculum teaching:

'Putting the Ooo back into food: A Resource Pack for Schools' – ideas for food-related activities for all curriculum subjects.

Both are available on www.lovebritishfood.co.uk



Involve parents

- See ideas on the 'Involve Parents' section of the Teacher Zone on www.lovebritishfood.co.uk



Royal reward for winning school

The fantastic prize for the winning school of the 2008 British Food Fortnight Challenge was to spend a day in the kitchens of London's Dorchester Hotel learning about the quality and variety of British food. They were joined by HRH The Duchess of Cornwall who saw them put the finishing touches to the dishes they had cooked. Later, celebrity chefs the Hairy Bikers and a number of British Food Fortnight sponsors joined the pupils for tea at the Dorchester.



Reg Barritt, teacher from the winning Hawarden High School, said: "Taking part in British Food Fortnight has been hugely rewarding for our school and the opportunity for pupils to meet a member of the Royal family and be given a cooking lesson in a top London hotel was the icing on the cake!"

General examples of how schools have incorporated cookery into the curriculum

Youngsters at **Birch Primary School in Essex** pulled out all the stops to create a special Shepherd's Pie and Blackberry and Apple Crumble for a top local chef. The boys chose to make the traditional meal using local ingredients. They even picked the blackberries and apples themselves! Head Teacher, Kate Moore, said: **"The Year 6 children really enjoyed it. It gave them the opportunity to learn to cook and practice their social skills. British Food Fortnight encourages them to think about local, seasonal and fresh produce."**

Pupils at **Eppleton Primary School in Wearside** started their British Food Fortnight celebrations by making healthy fruit desserts such as fruit kebabs, jellies and low-sugar flapjacks. And they finished with a parade of food-themed hats they had made!



Wilson's Endowed CE School, Over Kellet
Photo: The Westmorland Gazette



Wilson's Endowed CE School, Over Kellet
Photo: Morecambe Guardian

Nowhere is British Food Fortnight more keenly celebrated than at **Wilson's Endowed CE School at Over Kellet**. In 2003, the children baked scones and shortbread while the breakfast club had a week of themed meals. In 2004, there was a teddy bears' picnic and a mini farmers' market. And in 2005, they organised a 'whole school baking' activity with products being sold to raise money for school funds: a fair trade stall; mums' and friends' afternoon teas; fun food in Breakfast Club; and harvest cookery in after-school club. Head Teacher, Jo Williams, sees food as a wonderful way of encouraging the **"excellence and enjoyment"** principles of the National Curriculum. **"In preparing the children for citizenship, food meets all the curriculum criteria. We are giving a mixture of education and enjoyment, having a good time but learning along the way."** The school even got a mention on Terry Wogan's Radio 2 morning show!

Wilson's Endowed CE School, Over Kellet
Photo: The Westmorland Gazette



Durham schools were visited by local chefs during the Fortnight. Pupils at St Margaret's Primary School were persuaded that cooking is fun and that spinach is delicious! Durham Johnson School was invited into a local hotel's kitchens for a cooking demonstration on how to turn local produce into simple but tasty meals. And Newton Hall Infants School was visited by the local fishmonger who let them into his secrets of cooking seafood. The week's events culminated with a food market in the city centre with cookery demonstrations, live music, healthy eating activities and food history exhibitions.



St Margaret's Primary School, Durham. Photo: The Northern Echo

10 and 11 year-olds from **Bulphan School** and **Hutton All Saints School in Brentwood** went to Ye Olde Plough in Bulphan to learn how real food grows and is cooked. The children picked fruit from trees and bushes in the restaurant's grounds and baked their own blackberry, elderberry, plum and apple dishes. Chef, Adrian Hornsby, commented, **"Within two hours of picking the fruit from the trees they had cooked it up and it was in their bellies! The whole day was brilliant. They really seemed to enjoy themselves and it was a pleasure having the children here."** School secretary, Lorraine Cumess, said: **"It was excellent. Every one of the children came back full of enthusiasm for food and cooking."**

St Gregory's Primary School in Dorset celebrated the Fortnight by encouraging pupils to eat more healthily in a two-day 'Let's Explore Food' event.

The Parent Teacher and Friend Association created two days of workshops on food tasting, cookery and farming culminating in a market for the village on Friday afternoon, supported by local producers. The reception class made chutney from green tomatoes that had been grown by the summer gardening club at the school and sold it at the market in the afternoon. Other classes had lessons on how to milk a cow, make a lunch box, organic and delicatessen food, additives and preservatives, food hygiene, fair-trade, talks from local producers, through to cookery demonstrations by local pub chefs.

PSHE co-ordinator, Melanie Tavener, said: **"It has been lovely seeing the children enjoy handling and cooking food."**

"The children have learnt a lot about having a balanced diet while still enjoying food. They have tried so many new things and this has brought everyone together, including the parents."

Mrs Jo Hicks, Head Teacher,
St Gregory's Primary School,
Dorset

Pupils at **East Hartford School in Cramlington** made their own meal using locally produced foods they collected as part of the borough's British Food Fortnight celebrations.

They visited several locations across the area to gather the foods they used: an allotment where they harvested potatoes and green beans and planted onions; a cheese farm where they watched cheese being produced; and a farm shop where they spent the morning with the butcher making sausages. One class event gave a Blue Peter-style demonstration on how to make an Apple Crumble! Class teacher, Lucy Nixon, said: **"We ended the week by using the local produce to prepare a whole school lunch."**



Gosford Hill School, Oxfordshire. Photo: Oxford Mail, Newsquest Oxfordshire

Pupils, parents and teachers at **Gosford Hill School, Oxfordshire** battled it out in the kitchen during a cooking competition to mark British Food Fortnight. 18 pairs of contestants had to make a main course for two using local ingredients and present their dishes to the head chef from a local restaurant. Sarah Scanlong, head of Design & Technology, said: **"There was a fantastic atmosphere. It was the first time we have involved staff and parents in a competition. It worked really well. Children worked with teachers, heads of years, classroom assistants, fathers, mothers and grandparents. There's already a waiting list for next year!"**



Gosford Hill School, Oxfordshire. Photo: Bicester Advertiser, Newsquest Publication

Children at **Old Bank Junior, Infant & Nursery School in Mirfield** were the first to try out the Yorkshire Forward Cooking Bus and Shelley College sourced local food from their local butcher and greengrocer to provide wonderful Yorkshire school dinners during the event.

Youngsters at **Overbury First School in Gloucestershire** launched their own book of Favourite Recipes to celebrate the Fortnight. 100 pages of tried and tested recipes, hand-written and illustrated in colour throughout were donated from children, family and friends and sold in the local stores to raise school funds.



Overbury First School, Gloucestershire. Photo: Journal Series, Evesham and Cotswolds

"This is an ideal opportunity to celebrate food and promote local producers as well as to raise valuable funds."

Val Wilkinson, Head Teacher, Overbury First School, Gloucestershire

Pupils at **Mayfield School in Chorley** followed in the steps of Jamie Oliver by making healthy lunches such as soups and fresh fruit salads with the help of kitchen staff and donations from Chorley retailers and market stallholders.

Children at **Occold Primary School in Norfolk** prepared a lunch of meatballs, roast pork, 'pigs in blankets' and local organic vegetables for their fellow pupils. **"The children have loved it,"** said Head Teacher Kevin Knights. **"They find it really enjoyable preparing the food and at the same time are also learning."**

Captains Close School in Asfordby near Melton invited parents and grandparents of pupils to come into the school to help with cooking activities. Pupils had written to lots of local companies asking them to help them learn more about traditional foods. As a result a local dairy donated several types of cheese for the children to sample; several local retailers and farm shops invited pupils into their stores for demonstrations; and another local retailer visited the school to give a talk which was followed by a school picnic.

Food Technology students at **Grove School in Market Drayton** were visited by a local food laboratory to explain about what is involved in food testing. Eleanor Davies, from the company, said: **"We really wanted to help the students to understand more about how the British food industry works."**



Grove School, Market Drayton. Photo: Eurofins Laboratories.

Year 6 pupils from **Field Junior School in Watford** are now cooking every week from a wartime recipe book having spent the Fortnight learning about rationing and the types of fruit and vegetables that were grown during the war to supplement rations.

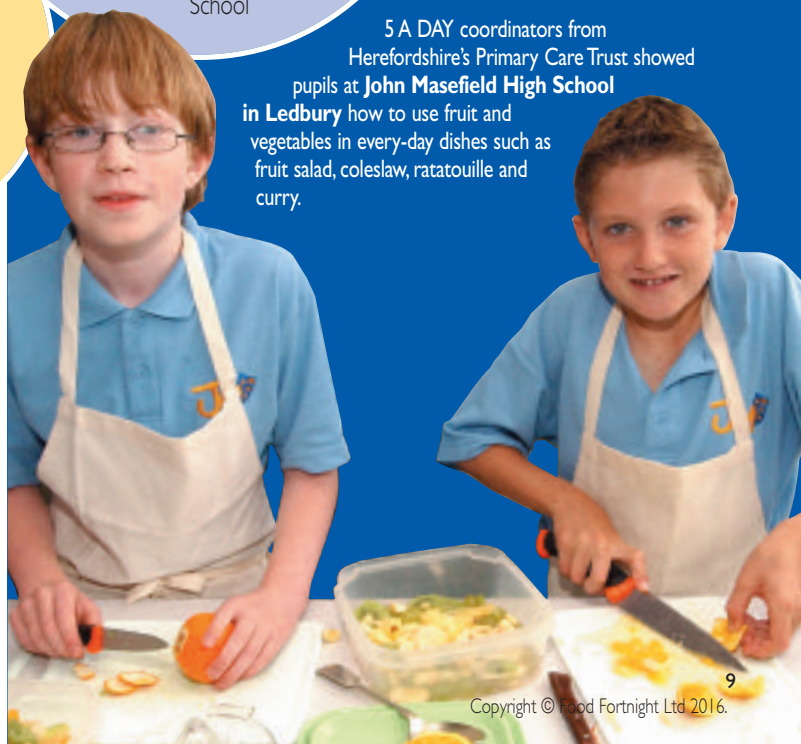
Ten after-school clubs in the borough of Hammersmith and Fulham enjoyed a slap-up British Food Fortnight buffet in the Town Hall courtesy of local butcher, Peter Heanen. The children created meat-based recipes as part of a competition to win an iPod music player. The winning recipe was pork chop with a mint, lemon and garlic glaze. Peter commented: **"This was a great opportunity to promote British regional produce and educate local children about healthy eating."**

"British Food Fortnight has been an ideal opportunity for the children to apply their skills and knowledge in a practical and purposeful way."

Head Teacher, Crick Primary School

Pupils at **Crick Primary School** spent the Fortnight cooking traditional British food which they then sold in a harvest market raising £195 for school funds.

5 A DAY coordinators from Herefordshire's Primary Care Trust showed pupils at **John Masefield High School in Ledbury** how to use fruit and vegetables in every-day dishes such as fruit salad, coleslaw, ratatouille and curry.



It was 'Food, Glorious Food' for children at **Ewelme Primary School** in Oxford thanks to parent, Jane Allen. She organised cookery days for each of the school's classes as part of the Fortnight. She helped the children produce pancakes filled with local apples and raspberries, watercress soup and fruit smoothies. All recipes were chosen to reflect local produce and healthy meals.

A **Wiltshire based school** held a competition in which each school year cooked a different meal using different British foods. The competition was part of a mass of activities organised to support the Fortnight: a trip to the farmers' market, visits from a bee keeper, special harvest festival, family food quiz, visit to a park to discover foods growing naturally to name a few!

Girl Guides in Hoddesdon celebrated the Fortnight with cookery and discussion. The guides, aged 10 – 14, debated topics such as fast food versus homemade, local shops against supermarkets and vegetarianism as opposed to eating meat and learnt how to cook toad-in-the-hole. Guider Claire Maynard said, **"Some of the Guides started off by saying they didn't like toad-in-the-hole and by the end of the meeting they had eaten their creations! The Guides now have an acquired skill and have learnt about the importance of local and British foods and how different political events affect how people view food."**



Students at **King Edmund's** in Essex prepared dishes using British fruits and vegetables in practical work. The canteen served traditional British dishes throughout the Fortnight and the Food Technology department treated the school to British cakes during lunchtime.

Local producer Barton Pickles showed pupils at **Sutton Oak Primary School** in St Helens how to make their own healthy sandwiches. Their teacher read them a book called 'The Big Sandwich' and facilitated a discussion on what is in different people's lunch boxes ending with a chart showing good and bad foods and explaining the difference.

Thanet School's children took part in a Stir Fry Friday and held a 5 A DAY assembly as part of British Food Fortnight. As they tried their hand at cooking they were even joined by their local MP and their Healthy Schools representative. Teacher Darren Waters said, **"A lot of the Year 6 kids ended the day with a real buzz and went home to ask their mums if they could cook stir fry."**

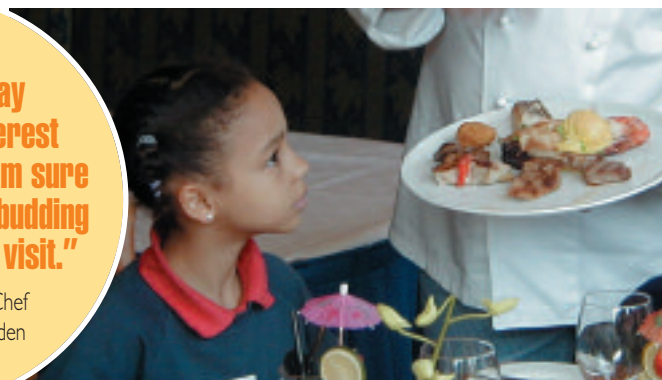


Thanet Stir Fry Friday, Photo: Isle of Thanet Gazette

"It was a great way to spark their interest in healthy eating. I am sure there will be a few budding chefs following the visit."

Steve Munkley, Head Chef
Kensington's Royal Garden
Hotel

Children at **Middle Row Primary School in London** were given a talk by a top London chef on the health benefits of eating fresh, seasonal produce. Pupils designed menus using British produce and the winners were given a guided tour of the kitchens at Kensington's Royal Garden Hotel.



Children from **17 primary schools in the London Borough of Hammersmith and Fulham** took part in a Smoothieathon competition to make the best fruit and vegetable drinks for British Food Fortnight. Councillor David Williams said: **"This was a fun way for children to learn about healthy eating and the variety of fruit and vegetables."** Sandra Martin, learning mentor at Wormholt Park Primary School, said: **"We tried out lots of different smoothie recipes over the two weeks. The children preferred the fruit to the vegetables though a lot of them were surprised how good the vegetable drinks tasted."** The Council ran a borough-wide competition challenging primary schools to come up with recipes for fruit and vegetable smoothie drinks.



The after-school cookery club at **Torwood House School in Bristol** made trifles and cooked roast beef and year 5 pupils invited other school members to a special Toy Tea Party with homemade lemonade and scones. Everyone enjoyed different healthy treats at breaktime throughout the Fortnight and there were lots of class activities with food diaries, poetry, role-playing and food dying.

Over 100 pupils at Rolvenden Primary School supplied and cooked a special harvest lunch.



Pupils at **Great Ellingham Primary School in Norfolk** made fruit salads and healthy snack bars to sell to parents as part of their food extravaganza in which they incorporated food activities in all their lessons.

Students at **Coleridge Community College in Cambridge** learnt to cook healthily with less salt, fat and sugar and increased fresh fruit and vegetables. They were served healthy food in the school cafeteria and given lessons in sports nutrition by the PE department.



Coleridge Community College. Photo: Cambridge Evening News

Pupils at **Mowlem School** visited Billingsgate Seafood Training School at Billingsgate Market. The 10 and 11 year olds were given a presentation of the varieties of fish that arrive at the market each day, followed by a demonstration of how to cook fish before a tasting session of what had been prepared.



Mowlem School. Photo: East End Life

The Len Wastall Infant School encouraged parents to cook healthy recipes at home and made a cookbook of children and staff recipes to raise money for school funds.

Dolphin School in Berkshire learnt about the three major food animals: cows, pigs and chickens. They made models of each animal, explored the products each animal produces and made sandwiches and cakes using the products. At the end of the Fortnight they all dressed up as animals, fruit, vegetables, farmers and butchers and had a school picnic.



Boy from Dolphin School dressed up as vegetables eating one of the sandwiches they made.

"The children have really enjoyed discovering more about food and were fascinated by what they have learned."

Lynne Rothwell, Dolphin School, Berkshire



Pupils at **The Ridgeway School in Swindon** invited the elderly to a lunch they had cooked using local and British produce. There were displays throughout the school showing where local produce can be obtained.

Kirkley High School in Suffolk organised practical cooking lessons during the Fortnight and designed healthy eating posters.

Students at **Harrogate College** prepared a special British Dish of the Day throughout the Fortnight – Shepherd's Pie, Cornish Pasties, Lancashire Hot Pot – and offered a special British Food Fortnight menu in their training restaurant.

Secondary schools in Herefordshire held 5 A DAY cookery sessions as part of their normal timetable of activities.



Years 4, 5 & 6 from **Cherry Trees Preparatory School in Suffolk** laid a silver service table and prepared and served a delicious 3-course lunch for parents who had been asked to donate £10 per head in aid of Cancer & Leukaemia in Children. During the Fortnight there were also school visits to an orchard, a dairy farm, the Greene King Brewery, Pakenham Water Mill to watch flour being ground and Pizza Express to make a pizza. The Fortnight culminated in a special harvest festival where children presented a harvest sheaf made with the flour they had watched being ground followed by a Mad Hatter's Tea Party.



Examples of how schools have incorporated general food activities into the curriculum

Teachers at **Hotwells Primary School in Bristol** went to great lengths to incorporate cookery and food-related topics within the National Curriculum. Early Years made biscuits and butter to help meet curriculum targets in 'Knowledge' and 'Understanding of the World'. Reception learnt about Healthy Eating from a talk by the Fruit and Veg shop owner. Local restaurant chefs showed Years 1 and 2 how to make bread – a demonstration of irreversible changes and micro-organisms. A presentation by an egg producer was linked to Year 3's study of Life Cycles and Nutrition Science and making vegetarian Cornish Pasties taught them about reversible and irreversible changes. Year 4 made a Bramley Apple Cake to link in with their lessons on Changing State and then had a talk from the local supermarket about cheese, which they linked to literacy sequences and instruction writing. Year 5 baked Plum Crumble and Apple Pies to link with Healthy Eating, 5 a day, Materials and Changing State in Science. Year 6 weren't left out! People from a delicatessen gave them a talk about fish that was linked to Life Cycles in their Science lessons. At the end of the Fortnight, a new £50,000 kitchen was opened and kitchen supervisor Annette Morgan cooked a celebratory traditional British lunch with the help of Barney Houghton, the chef and owner of Quartier Vert, who was also on hand to formally cut the ribbon.

5 A DAY coordinators from Herefordshire's Primary Care Trust showed pupils at **John Masefield High School in Ledbury** (below, photo courtesy of the Ledbury Reporter) how to use fruit and vegetables in every-day dishes such as fruit salad, coleslaw, ratatouille and curry.

As part of their Maths lessons, Key Stage 1 pupils at **Nynehead Primary School in Somerset**, cooked flapjacks and banana bread while Foundation Stage made bread. The whole school took part in an After School Cookery Club during which time they learnt basic cooking skills.

Pupils at **The Ridgeway School in Swindon** invited the elderly to a lunch they had cooked using local and British produce. There were displays throughout the school showing where local produce can be obtained.



The Technology department at **Highcliffe School in Dorset** used the Fortnight to launch three new schemes of work. Year 7 went Back to Basics and used local produce to make Cheeses and Potato Bake, bread and soup; Year 8 learnt about the basic methods of cake-making; and Year 9 ate their way around the world as they explored the staple foods and dishes from other parts of the world.

Cotswold
Chef Rob Rees pulled out all the stops to give cookery demos in at least 25 schools in Gloucestershire during the Fortnight. Judith Lewis, a teacher at Parkend Primary School, said, "It gave children the chance to see a chef creating a meal with local produce. It was great to see the children absolutely glued to something. The little ones' eyes lit up when they heard the whoosh of the pan."

90 six and seven-year-old children from Aylesbury-based **Turnfurlong Infant School** dressed up as farmers, bakers, greengrocers and chefs (below) for a special assembly where they explained how food was grown, prepared and sold. Parents in the audience were also treated to a food competition and songs about food. All food was donated to local pensioners.



70 children at ten **after-school centres in Hammersmith and Fulham** enjoyed an all-you-can-eat buffet of free range and organic produce courtesy of a local butcher. Entries from the centres' British Food Fortnight collage and poetry competition were displayed and £200 of WH Smith vouchers were donated by the butcher as prizes. Every child received a cuddly toy vegetable to take home. The borough's mayor attended the event and said, **"The children had a fantastic time. We are extremely grateful to the butcher for helping us to celebrate British Food Fortnight and healthy eating in such style."** The butcher commented: **"British Food Fortnight has given these young people the chance to sample food they otherwise would not eat."**

Two girls choosing which of the tasty sandwiches they wish to eat at the one of the 'All-you-can-eat' buffets at an after-school centre (photo courtesy of Stan James, Fulham Gazette)



Oyster Park Junior School (below, photo courtesy of Pontefract & Castleford Express) in Ferry Fryston, West Yorkshire, was given a flavour for fruit and vegetables when they were visited by Asda's 5 A DAY team during British Food Fortnight. Teacher Marie Stevens said: **"Our Food Fortnight was fabulous thanks to your pack! We spent a week doing cross-curricular work about food. The children seem to be taking on board what they have learned about healthy diets. The canteen staff say there has been an increase in the amount of fruit and vegetables being taken."**



Foxes Piece School provided a special British breakfast for all pupils and promoted fresh fruit options in the Tuck Shop. They also harvested vegetables they had grown in their organic gardening club at school.

Fieldhead Carr Primary School in Leeds held a market/mall in their school hall. Local businesses and people had food stalls all selling produce that promotes a healthy and varied diet.

Girl Guides in Hoddesdon (below, photo courtesy of Herts & Essex Newspapers and In-Press Photography) celebrated the Fortnight with cookery and discussion. The Guides, aged 10 to 14, debated topics such as fast food versus homemade, local shops against supermarkets and vegetarianism as opposed to eating meat and learnt how to cook toad-in-the-hole. Guider Claire Maynard said: **"Some of the Guides started off by saying they didn't like toad-in-the-hole and by the end of the meeting they had eaten their creations! The Guides now have an acquired skill and have learnt about the importance of local and British foods and how different political events affect how people view food."**

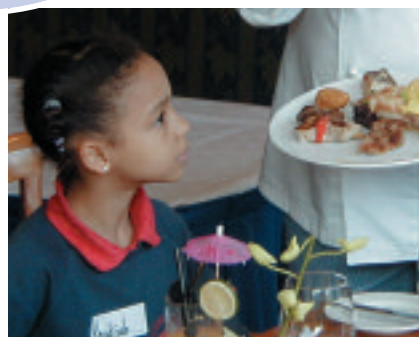


There were lots of surprises when 360 Lincolnshire children visited the North Lincs Food Festival to taste the fantastic foods and drinks that are produced in their area. Organiser Sally Jackson said: **"We were handing out mini carrots and quite a few children said they had never tried a carrot."**



Children at **St Columba's Catholic Primary School** (above left) in Rednal were joined by local radio presenter Elliot Webb for a healthy eating tasting session to give them an idea of what healthy foods they could introduce into their diet.

Pupils at **Norland Place School** (below right, photo courtesy of Kensington & Chelsea News) in London were visited by their local butcher who showed them how to make burgers and kebabs using different British meats. They celebrated afterwards with a barbecue so the children could taste their own products.



Children at **Middle Row Primary School** (above left) in London were given a talk by a top London chef on the health benefits of eating fresh, seasonal produce. Pupils designed menus using British produce and the winners were given a guided tour of the kitchens at Kensington's Royal Garden Hotel.

Steve Munkley, the chef, said: **"It was a great way to spark their interest in healthy eating. I am sure there will be a few budding chefs following the visit."**

Year 11 pupils from **Torbay School** in Devon planned and produced airline meals as part of their Design & Technology lessons. They included pictures of the finished dishes in their final projects.

Rugby players from Exeter Chiefs arrived at **Kenton Primary**

School in Devon for a meal, featuring some of the best food on offer in the county. Super-keen children at the school produced the food with a little help from their mentor, a top chef at a local restaurant.

The pupils not cooking were busy designing a menu cover for a competition that the Chiefs judged. All the pupils also went to Rodean Restaurant to compare the kitchen there with their school kitchen. Their hands-on experience of working in the restaurant kitchen culminated in eating the dish they had made.

Headteacher Mrs Newington said:

“The experience has been a wonderful success... The children have worked alongside the professionals, developing their understanding and appreciation of food... Making healthy lifestyle choices has been a priority of the school for several years and British Food Fortnight has enabled the children to develop their understanding even further.” Chef Matthew Tilt said: ***“This has been a fantastic experience for me and my staff and we have all enjoyed working with the children very much.”***

Pupils at **St James's Primary School** in Lancashire fed calves at a local farm and learnt how milk is produced.

Herne Bay High School in Kent ran a special French-style café serving Tart Tatin and Apple Tart made with local Kentish apples. As part of their Foreign Language course, students had to order their food in French. And the money raised went to the school's mini community charity.



Children from **17 primary schools in the London Borough of Hammersmith and Fulham** (above) took part in a Smoothieathon competition to make the best fruit & vegetable drinks for British Food Fortnight. Councillor David Williams said: ***“This was a fun way for children to learn about healthy eating and the variety of fruit and vegetables.”*** Sandra Martin, learning mentor at Wormholt Park Primary School, said: ***“We tried out lots of different smoothie recipes over the two weeks. The children preferred the fruit to the vegetables though a lot of them were surprised how good the vegetable drinks tasted.”*** The Council ran a borough-wide competition challenging primary schools to come up with recipes for fruit and vegetable smoothie drinks.

Bemrose Community School in Derby used vegetables from their garden project to cook up Autumn Vegetable Medley. The Community School won the Pyrex Cooking Challenge and celebrity chef Lesley Walters shared in the celebrations!

Children at Cherry Trees

Preparatory School in Suffolk launched the Fortnight with a Fair Trade café run by Year 3 children.

During the Fortnight there were school visits to an orchard, a dairy farm, the Greene King Brewery, Pakenham Water Mill to watch flour being ground and Pizza Express to make a pizza. The highlight of the week was a lunch in aid of Cancer & Leukaemia in Children. Hosted by Years 4, 5 & 6, the children laid a silver service table and prepared and served a delicious 3-course lunch for parents who had been asked to donate £10 per head. The Fortnight culminated in a special harvest festival where children presented a harvest sheaf made with the flour they had watched being ground followed by a Mad Hatter's Tea Party.

Pupils from Ranton

All Saints Primary School in Staffordshire were given a special breakfast of local fare at their local pub. They learned about regional specialities such as Staffordshire Black Pudding Oatie and Black Country Cheesy Pork Steak all supplied from local retailers and producers.

As part of their history lessons, Years 3 and 4 at **Clifton With**

Rawcliffe Primary School in York looked at how people had to grow their own produce during the Second World War and used what they learnt as inspiration for decorating chefs' hats. This was part of a competition organised by Londis. The overall winner was eight-year-old Eleanor Taylor with her design showing a ration book and a whole host of different home grown fruit and veg. One runner-up, Kieran Brown, put an Anderson Shelter on his hat and showed how people used to grow their own carrots and even grew them on top of their Anderson Shelter!

Each year group at **Heaton St Barnabas CE Primary School** in Yorkshire cooked a different dish using as many Yorkshire products as possible and some, such as potatoes that Year 2 baked, were grown by pupils in Year 1. In each case the cookery session was linked to Numeracy, Literacy, DT, Science and PSHE. Year 5, for example, made vegetable soup and bread rolls, Year 3 baked apples and Reception used Yorkshire milk to make their own butter that they spread on toast. The Fortnight began with a whole school assembly and a sharing activity assembly rounded things off.

At **Wilson's Endowed CE School** in Lancashire all school dinners included local produce throughout the Fortnight and their Breakfast Club ran a special menu with bacon butties, crumpet melts, boiled eggs and soldiers, sausages and beans, pancakes and toasted teacakes. There was a Whole School Baking Day with everyone baking bread and cakes and making chutney using local ingredients; a Teddy Bears' Picnic for families; their own mini farmers market with a stall of local produce in the school for parents and locals; and school assemblies with local producers coming in to talk to children. And they were even visited by their local radio station who joined in the celebrations.

Nottingham High Junior School joined forces with ARAMARK chef Steve Coupe to offer 10 Year 6 boys the chance to make Shepherd's Pie. The boys learnt skills such as chopping, frying, mashing and washing up! Other pupils entered ARAMARK's "Bramley Apple Recipe" competition.



Normand Croft Community School (Image No. 1) in London held a Health Promotion Week with cholesterol and blood pressure tests for parents, serving lunch made with crops from their school garden and making smoothies with the fruits the children have grown. Four lucky pupils appeared on a special British Food Fortnight edition of Blue Peter to talk about the food they had grown in their school garden!

Students at **Coleridge Community College** (Image No. 2, photo courtesy of Cambridge Evening News) in Cambridge learnt to cook healthily with less salt, fat and sugar and increased fresh fruit and vegetables; were served healthy food in the school cafeteria and were given lessons in sports nutrition by the PE department.

Pupils from **Mowlem School** (Image No. 3, photo courtesy of East End Life) visited Billingsgate Seafood Training School at Billingsgate Market. The ten and eleven year-olds were given a presentation of the varieties of fish that arrive at the Market every day, followed by a demonstration of how to cook fish before a tasting session of what had been prepared.

Dolphin School (Image No. 4, photo courtesy of Wokingham Times) in Berkshire learnt about the three major food animals: cows, pigs and chickens. They made models of each animal, explored the products each animal produces and made sandwiches and cakes using the products. At the end of the Fortnight they all dressed up as animals, fruit, vegetables, farmers and butchers and had a school picnic. Lynne Rothwell, who organised the activities, said: *"The children have really enjoyed discovering more about food and were fascinated by what they have learned."*

Friern Barnet School in London used the two weeks to launch their Whole Healthy School Initiative with lessons on food and healthy eating in all subjects.



125 schoolgirls at **Stroud High School** in Gloucestershire (above, photo courtesy of The Citizen, Gloucester) were served a meal made almost entirely from ingredients sourced in Gloucestershire. Anna White, 18, said: *"I wish school dinners were like this every day"*. And Eleanor Popham, 16, said: *"It's nice to try something different."*



Schools in East Anglia competed to win a class trip to 'Jimmy's Farm' and an apple tree for their school grounds by designing the ultimate healthy, nutritionally-balanced packed lunch with all food and drink sourced from the Eastern region of the UK.

The Ridgeway School pupils found that there's nothing quite like a home-cooked meal. 20 of them cooked a feast for South Swindon Labour MP Anne Snelgrove and Swindon Mayor Mike Bawden. Year 9 pupil Alice King, 13, was one of the chefs in the kitchen. She said: *"I was using all local produce to make the meals. We used apples from my garden to make a crumble, and blackberries that were picked locally. The food tasted really good, and I hope we can do it again."* PSHE co-ordinator Heather Siebenaller said: *"We tend to do an event like this during every British Food Fortnight. The pupils learn about what can be produced locally and they see the benefits of it."*

Students at **Harrogate College** prepared a special British Dish of the Day throughout the Fortnight – Shepherd's Pie, Cornish Pasties, Lancashire Hot Pot – and offered a special British Food Fortnight menu in their training restaurant.

Secondary schools in **Herefordshire** held 5 A DAY cookery sessions as part of their normal timetable of activities.

Pupils at Colchester-based **Birch Primary School** (bottom of the page, photo courtesy of Steve Brading, Evening Gazette) prepared a traditional British lunch of toad-in-the-hole with fresh vegetables and apple and blackberry crumble. Teaching assistant, Lesley Batterham, said: *"If you give children cooking skills, then they can make the choice of how they decide to eat in later life."*

Professional chef Phil Brown, as part of the Fortnight, visited Year 9 GCSE food technology students at **Guildsborough School**. Using British ingredients, Mr Brown demonstrated how to cook stir fries and Johnny cakes and discussed the science behind the cooking of the dishes.

Pupils at **Crowle Primary School** stepped back in time by sampling food from Tudor and Victorian times as well as developing their own healthy-option soup. *"We always like to get as many cross-curricular links as we can into whatever we do and the two days of A Taste of History fitted in very well... The children loved taking part in preparing, cooking and tasting the food and each class then went on to develop their own healthy option soup,"* said Head teacher Anna Cvijetic





Harold Road School near Abergavenny

(above, photo courtesy of Abergavenny Chronicle) held a competition to make a 'British Dish on a Plate'. Pupils had to create a traditional British dish, from steak and kidney pie to roast beef using various art materials.

Great Ellingham Primary School

in Norfolk held a food extravaganza incorporating food activities in all their lessons. In Maths – food Maths; in Art – potato prints, food label collage, food dyes, mosaic pictures, vegetable lanterns and food containers; in ICT – menus and lists; in Science – finding about where food comes from, growing vegetables, what we eat from plants and seasonality; in History – food through the ages; in Literacy – writing poems and describing foods. They also made fruit salads and healthy snack bars to sell to parents. They finished by dressing up as farmers, bakers, chefs, grocers and butchers to explore how food is grown, prepared and sold.

Pupils at **Crick Primary School** spent the Fortnight cooking traditional British food which they then sold in a harvest market raising £195 for school funds. The Head Teacher said

“British Food Fortnight has been an ideal opportunity for the children to apply their skills and knowledge in a practical and purposeful way.”

Pupils aged 10 to 11 from **Sir John Cass School** (below, photo courtesy of Meat and Poultry News) visited Smithfield Market in London.



Broadland High in Norfolk invited lots of outside speakers to a Healthy Living Day. And throughout the Fortnight, each class studied a different food type in their D&T lessons.

Enjoyed this guide?

Other guides in the 'Putting the Ooo back into food' series are:



Putting the Ooo back into food

A resource pack for schools

- Ideas for lessons and activities for each curriculum subject for early years, primary and secondary children.
- Descriptions of activities with contact details for teaching resources.
- In-season recipes for young people to try.
- Contacts of organisations, producers, retailers, restaurants and tourism outlets that can help you by offering activity-based support and learning facilities in educating young people about food.

Downloadable from www.lovebritishfood.co.uk