

Evaluation of Food for Thought Project Phase 8

1. Your details

Establishment – please state clearly if it is ELCC / Primary / Secondary / ASN	St Peter's Primary Ardrossan
Local Authority	North Ayrshire
Contact name	Mrs Freda MGhie
50 word summary about your project	Our project involved the purchase of a cooker to support children in developing their cooking skills and to increase their knowledge and understanding of food and nutrition. The children participated in cookery lessons with recipes being taken from the 'Love Food, Hate Waste' campaign. Awareness of this campaign highlighted ways in which food waste can be reduced.

2. Current numbers:

In this session, how many :

Learners have / will benefit directly from your project?	Whole school
Members of staff have / will benefit directly from your project?	All class teachers

3. Which of these themes or guidance did your project relate to? Please tick all that apply.

Food Summary Page . Includes skills progression using the Es and Os and the Benchmarks.	X
Love Food, Hate Waste	X

Farm Visits	
Developing the Young Workforce.	X
Inequity/attainment gap	X
Good Food Nation: Scotland's National Food and Drink Policy	
A healthier Future – Scotland's Diet and Weight Delivery Plan	
Helping parents with food and eating	X
Better Eating, Better Learning : new context for school food, follow up to Hungry for Success	X
Beyond the School Gate : improving food choices in the school community	X

Which (if any) of these organisations did you work with as part of your project?

RHET (Royal Highland Education Trust)	
Love Food Hate Waste (Part of Zero Waste Scotland)	
Developing Young Workforce Scotland	

4. Please provide as much information as you can in the following sections. The boxes expand as you type.

<p>What stage are you at with your project now (Food for Thought should be a long term, sustainable, on-going project so this will indicate where you are in the 'journey')</p>	<p>Cookery lessons are now established as part of the school curriculum with each class timetabled to participate in a cooking session on a fortnightly basis. Pupils work in small groups to prepare, cook and taste the food. To date children have made a selection of cakes, snacks and simple dishes. These have included; flat breads, pancakes, muffins, and mini quiches. Pupils have used the recipes from the 'Love Food, Hate Waste' campaign in some of their cookery sessions. This has helped to raise awareness of the campaign, highlighted the need to reduce the amount of food wasted and demonstrated ways in which we can put the campaign into action. This resulted in and a group of P6 children deciding on 'Love Food, Hate Waste' as their</p>
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	<p>chosen topic when creating a Power Point presentation to deliver to their class.</p> <p>Our aim is now to encourage parents and the wider community to become involved in the 'Love Food, Hate Waste' campaign.</p> <p>The children have grown and harvested their first crops from our recently built polytunnel. This resulted in some of the crops being used in our cookery sessions. Over the coming years we hope to expand and develop the number of crops grown in the polytunnel, helping us to become more sustainable and self-sufficient We have linked with the 'Three Town Growers' to establish the most appropriate crops to grow, taking into account the seasons and harvest times.</p>
<p>What is the (intended) long term impact of your project? (what would you like to see in 5+ years)</p>	<p>Our intention is to continue to develop the school's cooking programme and for cooking to become an integral part of the school curriculum. This will lead to children developing skills for life. They will be able to use and develop their culinary skills at home and share their knowledge with their families. It also has the potential for some children, in years to come, to follow a career or work within a food or catering industry.</p> <p>High quality learning experiences linked to food and nutrition for all children will be implemented in conjunction with our cooking programme. This will support children in making informed choices about the foods they want to eat. They will be more aware of the benefits of a balanced diet and how to lead a healthy lifestyle.</p> <p>Promoting the 'Love Food, Hate Waste' campaign within our cooking programme highlights the need to reduce food waste. It is hoped that by highlighting ways in which food waste can be reduced, children and adults implement the suggested approaches into their practice at school and at home on a regular basis.</p> <p>Growing crops in the polytunnel will continue. Each year children will gain further knowledge of a variety of fruits and vegetables. We will continue to work with the adults from the Three Town Growers and learn about crop rotation and composting methods.</p> <p>It is therefore hoped that the impact of our cookery sessions goes beyond the school gate and</p>

	develops life-long learning skills in our pupils, their families and the community.
Have you faced any particular challenges? How were they overcome? (if applicable)	<p><u>Challenge 1:</u> The installation of the cooker required the council's approval which has resulted in a lengthy time delay. In the interim the school purchased a combi microwave oven which we are currently using. Installation of the new cooker is to take place in April.</p> <p><u>Challenge 2:</u> Keeping to the planned timescales also proved to be a challenge because of long term absences of staff due to the corona virus. This delayed the start of our project however we are continuing with the planned programme although it is behind schedule.</p> <p><u>Challenge 3:</u> The organisation of the cooking programme, to ensure all children were able to participate, was problematic due to the number of children that it involved. Initially we had planned to cover all classes on a weekly basis however this became onerous. A variety of strategies to accommodate all children was considered. The decision was made that all classes would be taught within a fortnightly basis, which has proved successful.</p>
Best piece of advice what others would really benefit from knowing)	<p>Do a great deal of research at the onset. Planning and preparation is paramount to a successful project.</p> <p>Be aware of timescales and don't try to do too much in the allotted period of time, be realistic in what you are able to achieve.</p>
Wider HWB context? (eg. links to wider activities, projects, plans)	<p>Having the cookery programme running successfully lends itself to teaching about food and nutrition in a meaningful context. We plan to continue to link with the Food For Thought programme by exploring food and drink through Curriculum for Excellence. We will focus on Food Education looking at the benefits of healthy eating and the rise of food allergies and intolerances. We will also look at Food Safety, exploring the correct storage of food, chilling, freezing etc. and cross contamination. Another focus will be placed on sustainability and how we can further protect our planet. Having already focused on reducing food waste we are going to examine types of food packaging and the need to reduce the amount of plastic used.</p>
Partnerships (employers, industry, farms organisations etc. – please expand to provide detail of how well this has worked)	<p>We have linked well with the 'Three Town Growers' since our project began. They have given advice on the most suitable crops to grow in our polytunnel, which are then used in our cookery sessions. They have already agreed to return to the school to create additional raised beds and to talk about sustainability, including crop rotation and composting. As stated in our plan we hope to invite speakers to our school to talk about their careers within the food and catering sector. However</p>

	this has been delayed due to not yet being allowed visitors into the school because of the corona virus.
Watch this space! Where are you going next with the learning related to Food Education?	We will continue to expand and develop our cooking programme and involve the children in determining our next steps. We also aim to support the Scottish Government's vision of being a Good Food Nation by 2025 by reducing food waste. We will therefore continue with our 'Love Food, Hate Waste' campaign by linking with our community. We will examine the amount of food wasted in schools and become 'Waste Warriors' in order to reduce the amount being wasted in line with Zero Waste Scotland Ltd.
Quotation(s) if applicable commenting on your project (eg. head of establishments, Local authority representative, young person, parent)	Pupils of all ages continue to say how much they enjoy the cookery sessions. They continually ask if it is their 'turn to cook' and ask in advance as to 'what we are going to make next'. There is always someone at every session stating 'this is fun' 'I like cooking' 'can we make more' and even 'can we help clear up?' It has not only developed children's culinary skills and their knowledge of food and nutrition and how to help the environment but it has also raised children's self-esteem and their motivation levels and an enthusiasm for learning.