

Downham Nutrition Partnership



Family Cooking is a hit in Downham!

Downderry Primary School and Torridon Juniors were certainly busy last term, piloting their new family cooking project. In partnership with the Pre-School Learning Alliance, Lewisham Library Service, Extended Schools Services and Downham Nutrition Partnership, a 6 week cooking course was organised at each school. Parents could learn to cook with their children; spending quality time together and having fun all at once.

Dishes cooked on the course included; fresh pasta, home-made pizza and banana bread.

schools have decided to continue the sessions after the initial 6-week pilot, funding it out of their own budgets.

Plans are to develop a growing aspect into the programme, so children can see and understand the complete pathway of food; from the ground to the kitchen and finally the plate.

The project has been such a success that discussions are underway to plan how it could be rolled-out borough wide.

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Interested in developing a cookery club at your school? Contact Downham Nutrition Partnership for ideas, information and support



At the end of the course, families received a pack containing a free child's cookery or story book, and lots of information about healthy eating and local services.

The course was a great success, and was fully booked every week. Both

Welcome back! After the excess of Christmas, probably the last thing you want to do is think about food!

But the aim of this Newsletter is to provide you with information and resources around healthy eating in schools—especially for Downham.

Please contact us if you would like further help or information. We have a Nutritionist who can help you with your healthy eating projects.

We are a registered charity, so our services are free!

“Food and cooking can be tied into all sorts of different aspects of the curriculum - in particular we tied it in with literacy development”

Farmhouse Breakfast Week

It's not too late to plan some activities for Farmhouse Breakfast Week from **21st to 27th January 2007**.

Why not use this as a time to re-market and promote your breakfast club, or teach the children about the importance of eating breakfast?

Breakfast really is the most important meal of

the day, and the effect on children's learning is unquestionable. More than 1300 children took part in some research as part of Farmhouse Breakfast Week in 2004. The results clearly show that children who eat breakfast have superior cognitive function and therefore pay more attention and re-

spond more quickly to given tasks. Teachers in Scotland reported that concentration in class improved as a result of introducing breakfast clubs, and children said that it helped them enjoy school more.

See www.farmhousebreakfast.com For lesson plans, posters and facts

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Looking Good, Feeling Fine!

Active Kids get Cooking!

www.activekidsgetcooking.org.uk

This scheme recognizes excellent healthy eating work and cooking in UK schools. They provide up-to-date information, resources and activities, as well as certificates to reward your pupils with their food knowledge and cooking capabilities.

We love the support resources for fruit & vegetables, lunchboxes, bread, biscuits and cooking healthily.

Each year, a challenge is launched (thought to be in April this year). Last year's winners got to meet Jamie Oliver and Parmjit Dhanda (Parliamentary Under-Secretary).

Grow Your Own Potatoes

www.potatoesforschools.org.uk

The British Potato Council found that **60% of children thought potatoes grew in trees!** In response, they have launched a competition to grow your own potatoes. Register now to receive your free growing kit and a £5 voucher to cover the cost of a container and compost

British Nutrition foundation

www.nutrition.org.uk

Sign up for a monthly email and termly newsletter to be kept up-to-date with nutrition. Go to "About BNF" then "BNF Newsletters" and "BNF Education News"

We want to help you!

Downham Nutrition Partnership want to work closer with schools in Downham in 2007. We will be in contact shortly to find out what you currently do in terms of healthy eating, and what you



would like to do in the future. We need to plan our services for the year, and we would like to be able to help you with your projects (especially as school nutrition is so high on the agenda). Food in schools is more than just teaching about good nutrition. It includes everything listed to the right.

If you are thinking about starting any projects in these food-related areas, please do contact us!

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HEALTHY SNACKS/ TUCK SHOPS

Water provision

Breakfast Clubs

Whole School Food Policy

Growing

Cookery Clubs

Healthy Packed Lunches

Vending

Dining Room Environment