

ADVENTURES IN EATING



Our 'Adventures in Eating' programme helps young people and their families make sociable cooking and eating an enjoyable and rewarding part of everyday life.

Unhealthy eating - including **grazing and eating in front of screens** - is linked to obesity, one of the most important public health issues facing our community.

By taking a holistic view of this problem we demonstrate how nutrition affects behaviour, concentration and family life.

We simply and effectively teach children and their parents **how to prepare food using fresh materials**. 'Adventures in Eating' gives participants the chance to discover that cooking is a fun and creative activity. They develop personal skills related to choosing, preparing, and eating food.



The Three S's: **slowly, sociably, and sitting down**.

Parents and children start to experience the positive role of food in family life as they are guided through the three 'S's'.

Cooking and eating together establishes group cohesion, increases motivation and self confidence.

Programme topics include:

- **Filling Your Fridge**
Understand how shopping is the important first step using your money effectively to produce meals the whole family can enjoy
- **Breakfast Makes You Shine**
Eating a healthy breakfast helps maintain concentration
- **Bread Around the World**
Learning the value of grains and the multicultural aspects of eating
- **Cooking For You and Your Family**
Sharing balanced meals made from fresh ingredients; devising menus for everyday family life; costs of fresh vs fast food
- **Celebrate With Food**
Enhancing family life and caring for each other with good food; celebrating by sharing food on special occasions



Evaluation is an integral part of the course. Peer and self evaluation reinforce communication skills and provide feedback for commissioners, partners and group leaders.



What children learn:

- Food preparation and cooking skills
- Menu planning
- Social and communication skills
- Self-confidence and self-reliance
- Enjoyment of fresh food

What schools say:

"The programme has been a terrific success. It impressed the Ofsted inspectors and helped us to deliver the 'Every Child Matters' agenda. The children acquired skills and changed their attitudes about healthy eating."
Headmaster North Ealing Primary School (Bob Fletcher)

