

## **Food in Schools Training Opportunities from Public Health**

Royal Greenwich Public Health offer a collection of training sessions for all teaching staff in the borough. The training covers cooking, food growing and farming, with a focus on the importance of improving food education in schools and ensuring pupils can learn to cook and spend time learning outdoors across the school year.

Schools who have joined Healthy Schools London, are part of the Food for Life award, or are just beginning their journey to improve food in school are welcome to attend. All sessions are free and take place once a term.

### **Cooking with Confidence: teaching practical cookery skills in the classroom**

Thursday 5<sup>th</sup> March, all day, Wingfield Primary School, Moorhead Way, SE3 9XU

Cooking and nutrition entered the curriculum again in 2014, with schools expected to ensure all pupils understand and apply the principles of nutrition, learn a range of cooking skills, and how to cook a number of mostly savoury dishes. Having a skilled workforce allows staff to deliver high quality, curriculum linked cookery lessons within the classroom and instil a love of cooking in pupils that can last a lifetime.

Cooking with Confidence is a practical one-day session demonstrating the possibilities for cooking in school and is an excellent way to develop or improve your current cookery offer, in the classroom or during after-school cookery clubs. Participants undertake a range of cooking skills, make bread and prepare a group lunch. It covers the essential elements to set up and run successful cooking lessons to children of all ages.

### **Growing Skills training: guidance on establishing growing areas in schools and how to link growing to curriculum topics**

Wednesday 11<sup>th</sup> March, 10am – 1.00pm, Clockhouse Community Centre, Defiance Walk, Woolwich Dockyard, SE18 5QL

Spending time outdoors is an essential component of a broad and balanced curriculum. Pupils given opportunities to learn outside and take part in activities experience a sense of freedom and feel more able to express themselves. It also supports teachers in bringing the curriculum to life by providing more engaging experiences in school.

Growing Skills is a practical half-day session that gives ideas and advice about how to incorporate growing activities into your primary curriculum. It covers essential elements of teaching food growing skills in primary schools, providing key skills to facilitate, deliver and embed organic food growing and composting into the curriculum. The training will also demonstrate some of the opportunities to teach elements of science, maths and other curriculum areas through growing.

### **Farm Links training: planning effective farm visits and identifying curriculum links**

Monday 27<sup>th</sup> April, 9.30am – 12.00pm, Woodlands Farm, 331 Shooters Hill, DA16 3RP

Well planned school trips give pupils unrivalled opportunities to learn in the real world, enable them to grow in confidence and self-belief, and can lead to better engagement when back in the classroom. Providing children with the opportunity to

spend time at a farm provides a different environment to learn in and promotes interest and enthusiasm in understanding the world and key concepts across the curriculum.

This half-day training is an exciting farm-based training session to explore links between food, farming, and the curriculum, and to help bring your curriculum to life with practical classroom and farm-based activities. There are opportunities to learn about the key skills to facilitate, deliver and embed farm visits.