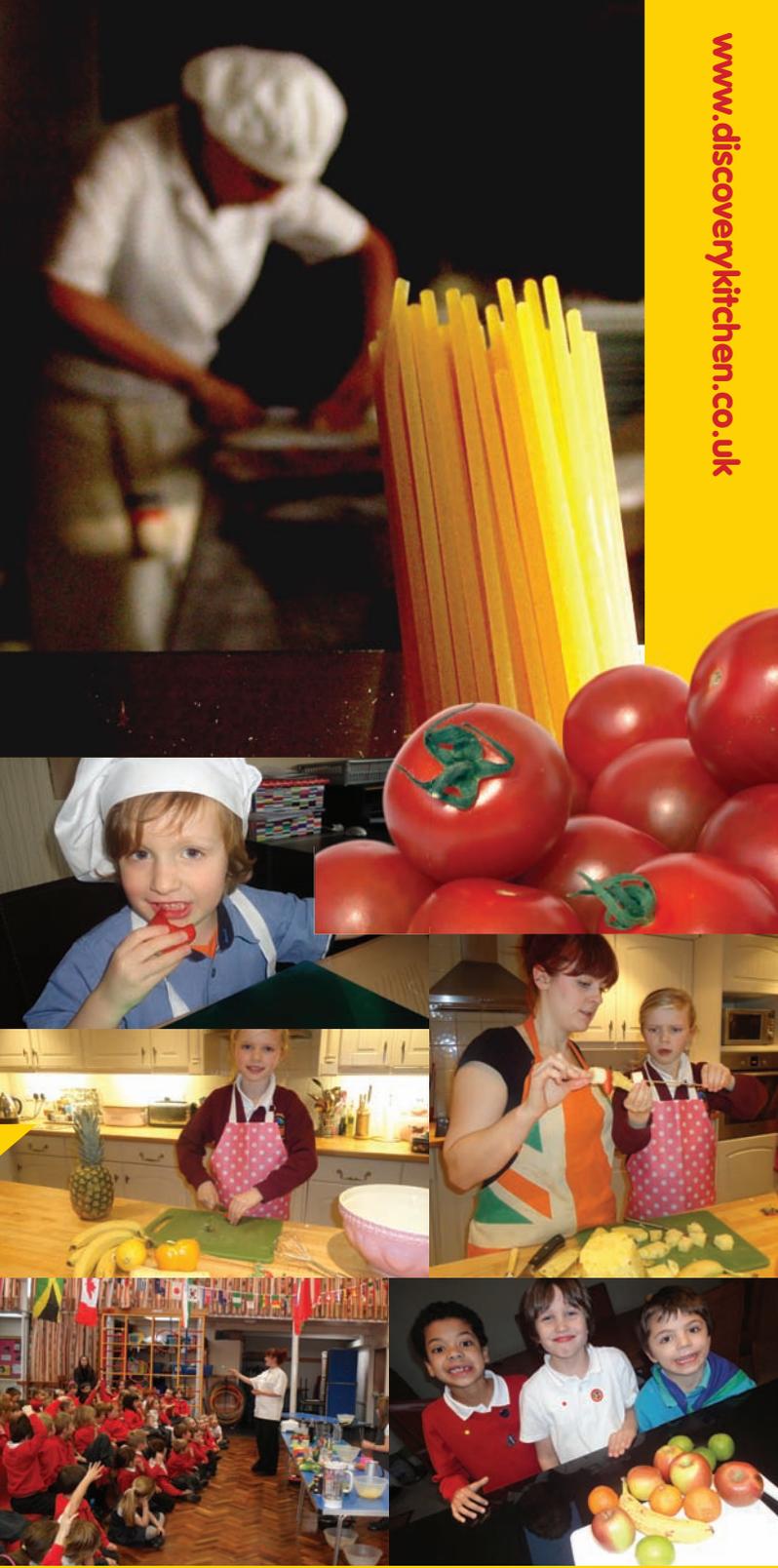
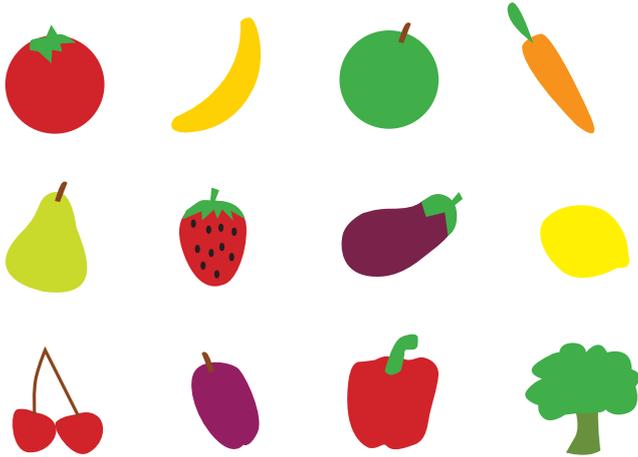




Teacher Information



www.discoverykitchen.co.uk

Discovery Kitchen is a great way to introduce your pupils to the joys of cooking whilst encouraging them to lead a healthy balanced lifestyle.

We offer a complete range of events depending on your school size and requirements. With links to many curriculum areas, we are able to deliver fun, engaging days with various positive outcomes. Whilst learning about the origins of different foods and cultures, children get to experience the sights, smells and tastes of a range of ingredients engaging the thoughts and feelings of all pupils. Discovery Kitchen is a great tool for mixed ages and abilities to unite in one activity and have shared experiences.



DISCOVERY KITCHEN
LEARNING THROUGH FOOD

For more information or to book a Discovery Kitchen day in your school...

07830 215020

Visit: www.discoverykitchen.co.uk

Email: george@discoverykitchen.co.uk

Food and cooking is for everyone to enjoy. In each session, as well as discussing the various ingredients and recipes, we also look at different ways to keep healthy and how to develop our tastebuds by encouraging pupils to at least try the food on offer.

Following our visits, schools can continue developing their children's skills and knowledge through a plethora of activities, for example:

The geography of foods – where does all our food come from and why?

Write recipes of your own using at least one of the ingredients from the event, looking at quantities and being creative

Science of melting – cheese, ice, chocolate

History of our food, how have British diets changed in the last 200 years?

Design a healthy lunch box

Discussion on the eatwell plate

How do our tastebuds work?

Schools – suggested themes

African
Greek
Halloween
Local Food
International
Packed Lunch Ideas
Spanish



Facilities required

We will bring with us everything required for the day, however it is usually the school's responsibility to provide the ingredients. We can supply ingredients at an additional cost, dependant on the menu choices.



Whole school approach (up to 300 children)

We can cater for large groups by offering up to 2 x 1½ hour sessions in a day with a maximum of 150 pupils per session. This is an interactive event, great to have as part of a whole school celebration week i.e. healthy schools week or international week. We would cook approx 4 -5 dishes per session (theme dependant) with children helping us cook and lots of volunteer tasters. In these sessions we look at different ingredients and discuss the chosen theme relating to the food we have. Each session brings in various areas of the curriculum whilst accounting for the different age groups and each child will get the opportunity to taste at least one thing.

Class to class approach (up to 150 children)

These type of events are ideal for smaller groups (two sessions, one AM, one PM, 60 children per session) and take a more in-depth look at all the ingredients and dishes used giving each child the chance to taste ingredients as we go along and also try every dish we make. These events are good for class topics or smaller primary schools and allow more scope for discussion and tasks.

Cookery Class (up to 60 children)

If you would like an event where all children get to cook, we can offer this for up to 60 children (three 1 hour sessions with 20 pupils in each). In these sessions, pupils prepare, cook and taste 2- 3 dishes as well as tasting some unusual ingredients.

Parent events

We also offer events for parents. These can be drop-in sessions throughout the day, after school events or school holiday activities. Please contact us for more information.

This list is by no means exhaustive and we tailor each day to suit your needs. Please get in touch if you would like to discuss options for your school.



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