

Let's Get Cooking Package	
Priority:	Healthy Weight
Healthier Behaviour Outcomes:	<p>1) To increase the number of pupils that attend a cookery club</p> <p>2) To increase the number of pupils who report they are confident to prepare a simple well balanced meal by following a simple recipe (e.g. a vegetable soup)</p>
Activities: To set up and run a school cookery club	<p>Needs analysis:</p> <ul style="list-style-type: none"> Review current provision and make decisions on who will run it, when it will be held, for whom it will be held and where it will be held. <p>Planning and preparation:</p> <ul style="list-style-type: none"> Research School Food Trust Associate Club Membership (you will need to have run at least 3 food based sessions and to have applied for membership – e.g. hand-washing, Eat well plate food-sort, fruit/veg/ethnic food tasting) Advertise club (make sure this includes giving information to pupils, parents, staff and governors) and set up the club Food hygiene training for staff Visit local primary school that has Let's Get Cooking full club membership (see list) <p>Implementation:</p> <ul style="list-style-type: none"> Plan and deliver at least 10 sessions in the first year Plan and deliver an additional 2 sessions (Family Learning and a Community event) Link with own school growing/gardening club, local farm or local allotment to source the ingredients <p>Ensure that you:</p> <ul style="list-style-type: none"> Involve the school council network in sharing their cookery club activities and getting new ideas (e.g. arrange a cook-a-thon or cookery competition across the cluster) Ensure HS+ outcomes are embedded in the SEF and school development plan
PDE Team Support:	<ul style="list-style-type: none"> Wiltshire Certificate for PSHE (see flyer) Cluster training on promoting health in PSHE Cluster parents evenings support

	<ul style="list-style-type: none"> ○ Governor training ○ PSHE curriculum review ○ School policy review ○ Signposting to appropriate resources and organisations
Suggested resources:	<p>LGC Associate membership offers £500 lottery funding towards set up and running costs (but not for personnel). This has a requirement to run 12 club meetings and 3 community events in the first year and to report club activities to the School Food Trust</p> <p><i>NB: schools that wish to apply for LGC Associate Membership, must have an existing cookery club and have run 6 club meetings in the last 12 months</i></p> <p>www.letsgetcooking.org.uk</p>
Early Success Indicators:	<p>Process: List the actions you plan to take and detail the month/year you intend to have achieved each one</p> <p>Impact: 1) To increase the number of pupils that attend a cookery club to X by month/year</p> <p>2) To increase the number of pupils who report they are confident to prepare a simple well balanced meal by following a simple recipe (e.g. a vegetable soup) to X by month/year</p>
Source of Baseline Information:	<p>1) <i>See current numbers attending cookery club</i></p> <p>2) I am confident that I know how to prepare and cook a simple healthy meal (e.g....<i>add example/s of meal/s here that children will have prepared.....</i>).</p> <p>Strongly Agree Agree Not Sure Disagree</p>