

Session Plan for: Cooking Skills Workshop 2: Lunch and Snacks

Developed By: WAVES Study Research Team

Date: January 2012



Session title: Cooking Skills Workshop 2: Packed lunches, Breaks and Snacks

Specific support needs:	Resources to be used/Equipment needed:	
Volunteers to help with group activities (optional)	≈ PowerPoint slides ≈ Activity cards ('make a healthy packed lunch') ≈ Parent 'Take home' information ≈ Pens ≈ Parent evaluation forms ≈ Time and travel cost questionnaire ≈ Logbook	<u>To be bought</u> Wholemeal wraps (plain wraps if wholemeal not available) Grated cheese (low fat variety if possible) Salad (Lettuce, Cucumber, carrot batons) Low fat soft cheese <u>Provided by University</u> Tinned tuna Tinned sweetcorn Kitchen towels and other utensils

Overall aims for this session: The aim of this training session is to improve children's and families' dietary behaviours through nutrition knowledge, food preparation skills and confidence in preparing healthy meals.

Objectives for the lesson:

- Raise awareness healthy snacks and packed lunches for school or a day out.
- Support parents to choose snacks and lunchtime foods which are high in fibre, low sugar, low fat.
- To allow the children to prepare and taste a 'healthy wrap' with their choice of fillings.

Assessment methods:

Parent/Guardian evaluation forms, time and travel costs questionnaire and teacher Log book

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Timing	Teaching activities	Learning activities	Key Learning Points/Learning outcomes	Resources
5 mins	Introduction and session aims	n/a	The group know the expected outcome of the session	Slides 1- 2
15 mins	<p>Snacks – what is the optimum number of snacks per day? 3 meals + 2 snacks (This is only a rough guide and will vary depending on the activity levels of the children each day).</p> <p>The children are re-introduced to Bert in his quest for healthy eating.</p> <p>A mid-morning snack is the ideal time to introduce a portion of fruit or vegetables as many of the children will have been used to receiving free F+V at break time through the school until Yr 1. (Some schools may still provide this to Yr2+).</p> <p>Activity 1 aims to highlight and extend the children's current knowledge about what a healthy snack is.</p>	<p>WHOLE GROUP ACTIVITY 1: Naming healthy snacks.</p>	<ul style="list-style-type: none"> • Fruit and vegetables contain lots of the vitamins and minerals we need – mid-morning break is an ideal time to introduce a portion of fruit or vegetables. • There are other foods which can be good to have as snacks but they should be low in sugar and fat and provide vitamins and minerals to help children grow. • High fibre carbohydrate foods like bread and cereal keep us full and help us go to the toilet. • Dairy is important for children's bones and teeth – milk, yoghurt and cheese are great foods for snacks, but low-fat versions are the best. 	Slide 3 -11
20 mins	<p>Bert's School trip: this section is mainly aimed at those children who have a packed lunch for school; The aim of this session is not to encourage children to switch to packed lunches but to raise the nutritional standard for those who do.</p> <p>Ask the children to have a think about some of the everyday foods that Bert</p>	<p>SMALL GROUP ACTIVITY 2: On each table place an A3 Lunchbox mat. Ask the children to design Bert a healthy lunch for his school trip as a group.</p> <p>There are blank cards provided for the children to write or draw any additional foods they would like to add to Bert's Lunch.</p>	<p>What is a healthy lunch?</p> <p>Be able to design a lunch for Bert as a small group and feed back to the teacher.</p>	Slides 12 – 22 Food cards.

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	<p>could take in his school lunch. Explain that a healthy lunch (this is the same for school dinners) should have certain things in it, such as:</p> <ul style="list-style-type: none"> o fruit: at least one portion. o vegetables: one portion. o meat, fish or other sources of non-dairy protein: such as lentils, kidney beans, chickpeas, hummus and falafel) o a starchy food: such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals. o dairy food or drinks: such as low-fat milk, cheese, yoghurt, and fromage frais. o a drink: such as water, fruit juice, milk and smoothies. <p>Remind them that if Bert has fruit juice in his lunch it should be the only one he has that day.</p>	<p>Ask each group to feed back to the teacher what they gave Bert for Lunch.</p>		
20 mins	<p>Making a healthy lunch food –</p> <p>Recap the lessons learnt today.</p> <p>The aim of this activity is to give the children the opportunity to have a go at making and trying their own healthy lunch food.</p>	<p>INDIVIDUAL ACTIVITY 3: Making a healthy lunchtime wrap.</p>	<p>Children will have the opportunity to prepare and taste a healthy wrap. They will gain skills in spreading, chopping and wrapping.</p> <p>It is important that the children are given the opportunity to try this for themselves.</p>	<p>Slides 23 -25</p> <p>Food, kitchen roll, strong plastic knives.</p>



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	<p>A wholemeal wrap filled with salad and soft-cheese/cheese/tuna is a good option for a healthy lunch and will allow the children to try food that they may not have tasted previously.</p> <p>Ask the parents to take the children to wash their hands ready for preparing the food.</p> <p>Please be mindful of allergies in your classes and adjust accordingly.</p>		Clearing up.	
10 mins	<p>Conclusion: Thank everyone for coming; ask them to complete an evaluation form and hand out the information to take away.</p> <p>Return the completed questionnaires and your completed logbook to the WAVES Office.</p>			<p>Evaluation form</p> <p>Information to take away.</p> <p>Log book.</p>

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