



THE LET'S GET COOKING PROGRAMME, DELIVERS FOOD AND NUTRITION EDUCATION TO ENSURE THAT PRIMARY SCHOOL CHILDREN GO TO SECONDARY SCHOOL WITH AN UNDERSTANDING OF BASIC NUTRITION AND AN ARMOURY OF ESSENTIAL LIFE SKILLS.

The Let's Get Cooking Programme is a cross curricular and progressive skills based programme for primary schools in Jersey, which teaches them how to prepare simple meals from scratch and the fundamentals of nutrition.

Children begin their journey on the programme in Year 1, where they learn simple techniques such as spreading butter to make a sandwich, snipping herbs and measuring using a spoon. By the time children reach Year 6, in their final year at primary school, they are able to confidently use the bridge and claw grip, handle raw chicken while understanding cross contamination, and use heat independently to make a risotto.

By the time they leave for secondary schools, they will have the skills and knowledge to cook 30 recipes from scratch and be armed with all they need to know about making healthy food choices in the future.

The programme doesn't just teach skills, it encompasses much discussion and other activities around food such as portion sizes, the Eat Well Guide and where food comes from. This not only provides the children with an engaging learning opportunity but encompasses other areas of the curriculum such as Geography, Science, PHSE and History.

Each week, recipes are sent home with the children, and parents and carers are encouraged to cook them at home with their children, so the whole family benefits.

For further information on the Let's Cook Programme please click on the link below:

<https://www.caringcooksofjersey.com/lets-get-cooking/>