

Cook and Eat Sessions

(Can fit with any curriculum topic KS1 & 2)

Our cook and eat sessions are designed to inspire children to engage in healthy eating with a good glug of fun and a sprinkling of competition. More bake off than a standard school cookery session, we introduce children to a wide range of flavours and ideas whilst at the same time linking the to your classroom topic. So why not take a voyage of taste and discover the Roman empire through a pizza or the stone age through a soup?



During the day children will:

- Investigate ingredients related to the topic of your choice
- Design their own recipe
- Work in teams to create the recipe of their choice
- Enjoy a taste off as children vote on the winning recipe

At the end of the day children will:

- Understand the principles of healthy eating
- Have developed a deeper understanding of the topic through food
- Have prepared and cooked a dish using a variety of techniques
- Have enjoyed tasting a wide range of food and flavours
- Understand where food comes from

"My favorite bit of Grow was making pizza. I had never done it before and they were so yummy!" Adam Year 3

Grow will supply all equipment and ingredients. Please inform us of your school facilities when booking this day.

Fee £220

Ingredients cost are additional to the fee