

A National initiative for primary schools supported by British Nutrition Foundation, Design and Technology Association, National Primary Headteachers and the Specialist Schools and Academies Trust, funded by Department for Children, Schools and Families.

An invitation

This is an invitation for your school to enrol for **FREE** training.



What's in it for your school?

- **FREE** training using a DCSF accredited trainer.
- **FREE** access to resources, follow up advice and support and accreditation for all staff involved.



PLUS

All the benefits, as part of your Healthy Schools initiative, a vital ingredient of the ECM agenda, for your school community, pupils, staff, governors and parents.

Stop Press

At the time of writing 454 primary teachers have already been successfully trained this year to deliver the food preparation, cooking, and food safety skills they have acquired in local organised CPD courses. This is the first wave. We anticipate heavy demand for places at future training events. Book your school place quickly!

Comments from staff after their course

"I feel inspired to use my skills more widely. I won't worry about getting it wrong. I will use all the information given to me on this brilliant course."

"This was the best course ever. It has revolutionised our thinking about a creative curriculum. The results and involvement of pupils has been dramatic."

And what of the wider curriculum?

"It is amazing how all the different aspects of food and ingredients have links across history, geography, RE, Literacy and Maths. The introduction of Food in Schools has been a revelation."

Resources

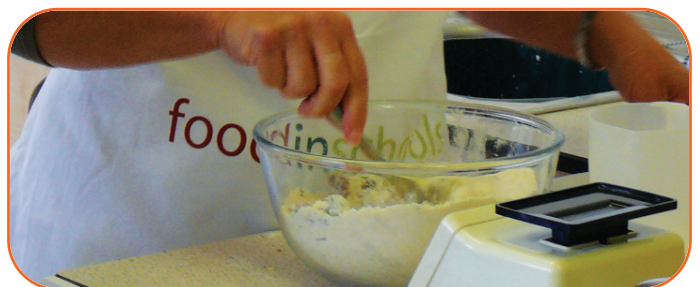
At the training course a full list of useful resources are provided. But here are some that you may like to use now:

www.foodafactoflife.org.uk

www.nutrition.org.uk

www.food.gov.uk

www.foodinschools.org



Registering your school

Just register on the programme by email contact with foodinschools@data.org.uk
We will do the rest. Join now. Don't delay.

This update will appear on a termly basis in NPH News & the website www.primaryheads.org.uk

Recipe of the term – Sandwich wrap



Recipe

1. Grate the cheese.
2. Grate the carrot.
3. Slice the tomato.
4. Shred the lettuce.



9. Fold the bottom of the tortilla up, over the fillings.
10. Fold over one side.
11. Fold over the other side.
12. Serve.

Handy Hints

- remember to wash and dry all vegetables before preparing them.
- It is easier to cut foods that have a flat side
- You may wish to choose a variety of fillings – be creative! Why not try cucumber, ham, turkey, hummous or different types of relish.

Ingredients

- 1 large tortilla
- A handful of lettuce
- 1/2 sliced tomato
- 1/2 grated carrot
- 25g grated cheese

Utensils

- sharp knife
- chopping board
- grater
- peeler.



5. Place the lettuce in the middle of the tortilla.
6. Lay the slices of tomato on top.
7. Sprinkle the carrot over the tomatoes.
8. Sprinkle cheese on top.

