



# The Farm Cookery School



## Education Guide

Thank you for expressing an interest in working with the Farm Cookery School Education Team.

We offer a variety of Classes, Courses & Workshops which are detailed within this guide.

### On School Premises

#### 4 Week Cookery Course

We work alongside the curriculum and aim to increase confidence and self-esteem as well as providing essential life skills. This Course is for a maximum of 8 Year 6 pupils at one time and costs £84 per session.

#### Healthy Schools Workshops & Food Fair

Introducing children to alternative food and snacks is a great way to control the amount of sugar they consume. We can accommodate up to 60 children in one morning over 2 sessions at a cost of £300 plus ingredients. We can accommodate up to 30 children in the afternoon in one session at a cost of £150 plus ingredients. The Food Fair runs from 2.30 – 4pm and costs £150 to include educational leaflets and guidance.

### At The Farm Cookery School

#### Bespoke Events

We offer bespoke events tailored to your specific requirements, with prices starting from £300 for 12 children. At present our kitchen is divided into Pods which can accommodate varying numbers of children – please do call us to discuss your requirements.

Historic events have included specific topic-related cookery, team building sessions, reward & recognition sessions and skill building classes.

#### Staff Team Building Events

Taking the teaching team out of the school and working with different colleagues, can have a big impact on how you work. This quote from a recent participant in a Team Building Day for Equa sums it up nicely:

*“Seeing it as a learner today, is going to change what I do in class tomorrow”*



# The Farm Cookery School



## Education Booking Form

Please complete the details below and indicate which options you would like to book:

School Name:						
Contact Name:						
Telephone:						
Email:						
4 Week Cookery Course	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Healthy Schools Workshops	Morning Session		Afternoon Session		Food Fair	
Bespoke Schools Visit						
Staff Team Building Event	Cook & Dine		Bespoke		Bake Off	
Requested Date/s:						
Time - To and From:						
Additional Information:						
Please tick to confirm that you have read and understood the applicable terms and conditions						<input type="checkbox"/>



# The Farm Cookery School



## Children's Details

Please complete for the 4 Week Cookery Course

	Child's Name	Allergy Information	Additional Information	Childs Age
1				
2				
3				
4				
5				
6				
7				
8				



# 4 WEEK COOKERY COURSE



## THE NATIONAL CURRICULUM STATES:

“As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.”

## About this course

This course is aimed at children in years 5 & 6 and has been designed so that the content can be referenced to the National Curriculum in several areas, as well as helping students build on skills including:

Social interaction, Team working, Independent working, Self-confidence and Self-esteem

Core Subjects	National Curriculum Skills
Numeracy & Mathematics:	<ul style="list-style-type: none"> <li>• Understand and use measures (using millilitres, grams, teaspoons, tablespoons &amp; fractions of these)</li> <li>• Make Estimates</li> </ul>
Language & Literacy:	<ul style="list-style-type: none"> <li>• Ask questions to check understanding</li> <li>• Reading aloud and following written guidelines</li> <li>• Develop vocabulary and build knowledge (negotiate, evaluate &amp; build on the ideas of others)</li> <li>• Select the appropriate register for effective communication</li> <li>• Using accurate spelling</li> </ul>
Reading & Writing:	<ul style="list-style-type: none"> <li>• Schools should do everything to promote wider reading accurate spelling</li> </ul>
Vocabulary Development:	<ul style="list-style-type: none"> <li>• Develop a range of culinary vocabulary to broaden the pupils' current knowledge of cooking, food &amp; geographical food knowledge</li> </ul>
Foundation Subject: DT (Cooking & Nutrition)	<ul style="list-style-type: none"> <li>• Understand &amp; apply the principles of a healthy and varied diet</li> <li>• Prepare &amp; cook a variety of, predominantly savoury, dishes using a range of cooking techniques</li> <li>• Understand seasonality &amp; know where and how a variety of ingredients are grown, reared, caught and processed</li> </ul> <p><u>Additional to the Curriculum</u></p> <ul style="list-style-type: none"> <li>• Health &amp; Hygiene principles &amp; practical application</li> <li>• Processed vs Home Cooked Food (Price &amp; Nutritional Value)</li> </ul>



# 4 WEEK COOKERY COURSE



## Course Content

	<b>Course A (Terms 1)</b>	<b>Course B (Terms 2)</b>	<b>Course C (Terms 3)</b>
<b>Week 1</b>	Soups	Noodle Pots	Chicken Stir fry and noodles
<b>Week 2</b>	Scrambled Eggs	Chicken Strips & Jolly Jackets	Sausage and tomato pasta
<b>Week 3</b>	Chicken Curry & Rice	Cheese & Ham Pasta	Fish Strips and homemade baked beans
<b>Week 4</b>	Mexican Food & Quesadillas	Mediterranean Food & Cous cous	Moroccan Chicken & Cous cous
	<b>Course D (Term 4)</b>	<b>Course E (Term 5)</b>	<b>Course F (Term 6)</b>
<b>Week 1</b>	Pick and mix pasta	Fish Pie	Sandwiches and fillings
<b>Week 2</b>	Omelette	Gnocchi and tomato sauce	Pesto chicken and salad
<b>Week 3</b>	Chilli and rice	Tortilla and wraps	Cottage pie
<b>Week 4</b>	Chicken Kebabs and coleslaw	Spaghetti Bolognaise	Sweet treats- Cheese cake, Drop scones, no bake flapjack

## Course Details

<b>Length of course</b>	<b>Length of each session</b>	<b>Number of students</b>	<b>Cost per session</b>
4 sessions	1 Hour	A maximum of 8 per session	£84 (£11 per child per session)



## 4 WEEK COOKERY COURSE



Schools will need to provide:

1. A Teaching Assistant or Parent Helper to support students within the sessions. When possible, this needs to be consistent throughout the whole 4-week course.
2. A room for the course to run. This needs to have space for 4 tables, have access to power points & a sink and preferably have an easy-clean floor. Any room change needs to be notified as soon as possible.
3. Access to the teaching room half an hour prior to and half an hour after the cookery session.
4. Names of students attending 2 weeks prior to the course, along with any additional needs, details of allergies and dietary requirements (so we can arrange alternative ingredients and cooking methods if necessary).

### Reporting and Outcomes

At the end of the course, each student will have had the opportunity to make, create and taste four delicious and nutritious dishes, using fresh and healthy ingredients.

Following the completion of the course, a written summary will be provided to the school to identify areas of progress along with areas of individual strength.

Each student will also complete a review, receive a booklet of the recipes that they have made and a certificate to celebrate their success.

### Terms and Conditions

#### Payment in Advance

All sessions must be paid for in advance of the course of 4 sessions commencing.

#### Cancellation Policy

Notification must be given at least 7 days prior to cancelling any session in full, or the session will not be refunded.



# HEALTHY SCHOOLS

## WORKSHOPS & FOOD FAIR



### About this workshop

These workshops have been designed to introduce children to alternative snacks, to reduce the need not only for unhealthy snacks, but also to encourage them to control the amount of refined sugar that they consume. Food waste is also covered throughout the workshop

The Farm Cookery School Education Team have run this programme successfully in local schools and the feedback has been fantastic. Children have been enthusiastic and motivated and, in many instances, they have tried food that they may not have done previously, opening them up to the concept of trying new foods.

### Workshop Content

We visit each school to create a bespoke package for the day to suit break times, class sizes and available space

#### **Healthy Snacks Workshop**

- 4 'stations' will be set up and manned by school staff in addition to 2 members of The Farm Cookery Education Team.
- A class of 30 takes approximately 50 minutes to attend the workshop.
- Groups of approximately 6 children will rotate around the stations, spending a maximum of 10 minutes at each.
- Timings are negotiable, but a suggestion would be; Morning (9.30-11.30am) or Afternoon (1.30-3.00pm).

#### **The Workshop Stations:**

1. Making Hummus – the children work together to measure out the ingredients and blend them together to create their own hummus, which goes into their tray in a small snack pot. For nut free Schools we will change this to Guacamole & Salsa
2. Dunkables – Bagels and Tortillas are prepared with children choosing dips. This demonstrates portion control and options for dunking
3. Stackables – Tower creations using a variety of ingredients and a selection of crackers. The competition element here encourages children to include fillings for their Stackables that they wouldn't normally use.
4. Pick & Mix – A variety of Dried Fruit and Chocolate Chips are combined by the children to make an energy boosting snack that has less refined sugar than the processed alternatives.



# HEALTHY SCHOOLS

## WORKSHOPS & FOOD FAIR



### **Healthy School Food Fair**

2.30pm – 4pm

- Children demonstrate the skills they have learnt for parents at 4 stations (1 per snack) with one member of the cookery school team monitoring their stations
- Any other material gathered by the School to be displayed.
- An information area will be manned with:
  - A member of The Farm Cookery School Education Team available to answer any questions.
  - Hand Outs and Fact Sheets devised by The Farm Cookery School Education Team, as detailed below:  
**Handouts:** Reference Intakes; Glycaemic Index; 5 A Day; The Eatwell Plate; Ingredients Suggestions; Simple Swaps; Meal Planner Sample; Blank Meal Planner  
**Fact Sheets:** Nutritional Information regarding Breakfast Cereals; Crisps





# HEALTHY SCHOOLS

## WORKSHOPS & FOOD FAIR



### Workshop Details

	<b>Timings</b>	<b>Cost</b>
Option 2 Healthy Snacks morning workshop (Max 60 children)	8am – 12pm (workshops 9.30- 11.30am)	£300
Option 3 Healthy Snacks afternoon workshop (Max 30 children)	12pm – 3.00pm (workshop 1.45 -2.30pm)	£150
Option 3 Healthy Schools Food Fair	2.30pm – 5pm (Fair 2.30pm – 4pm)	£150

#### Please Note:

1. Food is an additional charge & is charged at cost (receipts can be provided). It will be purchased for the School by The Farm Cookery School Education Team. Every effort is made to keep the food cost as low as possible and should not exceed £50 per class.
2. The Cost includes all the Hand Outs, Recipes, Fact Sheets and Shopping as well as 2 of our Staff to be on site throughout every session.

#### Schools will need to provide:

1. 2 Teaching Assistants or Parent Helpers to run 2 of the 'Stations' at each session and the Food Fair
2. A room for the course to run. This needs to have room for 4 tables, have access to power points and a sink and preferably have an easy to clean floor. Any room change needs to be notified as soon as possible.
3. Access to the designated area a minimum of 1 hour prior to and half an hour after the session.



# HEALTHY SCHOOLS WORKSHOPS & FOOD FAIR



## Terms and Conditions

### Payment in Advance

All sessions must be paid for in advance of the course of 4 sessions commencing.

### Cancellation Policy

Notification must be given at least 7 days prior to cancelling any session in full, or the session will not be refunded.



## BESPOKE EVENTS



We also offer Bespoke Events at The Farm Cookery School in Bromham. The cookery school is based on a working beef farm with private access to the surrounding countryside.

Our kitchen is suitable for up to 40 students at a time and we have 2 additional rooms that can each accommodate 20 people.

There is parking available onsite for cars & coaches.

### Examples of our Bespoke Events

**Keevil C of E Academy** – The whole school came over the course of 2 days and each group created an age-appropriate meal and a sweet dish themed to their current topic.

**Holt Community Primary** – Key Stage 1 (all 50 of them!) participated in a festival themed day with ‘stalls’ throughout the cookery school. Each stall had a different food-based activity and we ended with a frozen yoghurt making session

**Devizes School** – A group of Year 7’s came to develop their teamwork as part of a project that they were working on in school.

**Dauntsey’s School** – We developed a ‘nutrition’ element for their Gifted & Talented programme, which featured a school visit for a ‘Nutrition & Branding Workshop’ and then a practical cookery session at The Farm Cookery School.

We also work with **Youth Action Wiltshire** to provide classes for their Young Carers and children with complex needs.

### Pricing Details

Length of session	Cost
2 hours	£15 per Child

Please Note:

1. The minimum spend for a bespoke event is £200.
2. Price includes all ingredients, aprons, recipes, tuition & a meal.



## BESPOKE EVENTS



Please see below some recipe suggestions for 2 & 3 hour events. Our 4 Hour events are generally themed and completely bespoke to fit a topic or Curriculum Module.

Recipe	2 Hour	3 Hour	Ability
Animal Wraps	✓	✓	1
Biryani & Chapattis		✓	3
Cheesy Bacon Puffs	✓	✓	1
Cheesy Pasta (The Roux Method)		✓	3
Chicken or Vegetarian Curry & Rice		✓	3
Chicken Parm Sub (includes Breaded Chicken, Sub and Tomato Sauce)		✓	3
Chicken (or Vegetarian) Burritos (including Homemade Tortillas)		✓	3
Chilli Con Carne & Rice (or Quorn)		✓	3
Cream Tea – Scones, Rolls, Cheese Straws & Sausage Rolls	✓	✓	1
Create your own Soup & make bread rolls		✓	3
Fish or Chicken Strips with Jolly Jackets	✓	✓	1
Galloway Beef or Bean Burgers, Homemade Fries & Create your own Coleslaw (includes homemade Bread Bun)		✓	3
Galloway Cottage Pie		✓	3
Moroccan Chicken & Couscous		✓	3
Noodle Pot – Bacon & Pea, Chicken & Sweetcorn or Vegetable	✓	✓	2
Pasta Napolitana / Arrabiata		✓	3
Personalised Pizzas – Knock back dough & create Pizzas	✓	✓	1
Pizza from Scratch – Create Pizza Dough & Tomato Sauce		✓	2
Risotto : Bacon & Pea; Mushroom; Primavera		✓	3
Quesadillas (using the Hob!)	✓	✓	2
Spaghetti Bolognese		✓	3



## BESPOKE EVENTS



Recipe	2 Hour	3 Hour	Ability
Bake Off – This is a party in itself with no savoury option		✓	4
Biscotti		✓	3
Bourbon Biscuits		✓	3
Brownies : Chocolate Chip or Orange	✓	✓	2
Cookies	✓	✓	1
Cupcakes	✓	✓	1
Duffins	✓	✓	1
Flapjacks	✓	✓	1
Gingerbread, Cutting, Baking & Decorating	✓	✓	1
Iced Biscuits	✓	✓	1
Jammy Dodgers		✓	3
Jam Drop Biscuits	✓	✓	1
Mince Pies	✓	✓	1
Mini Cake Bake Off – can be in addition to a savoury option		✓	2
Nan Khatai (Curry Biscuits)	✓	✓	1
Polvorones (Spanish Almond Cookies)	✓	✓	1
Rocky Road		✓	2
Scones – Sweet	✓	✓	1
Shortbread	✓	✓	1



## BESPOKE EVENTS



### Notes on Ability

- 1: Suitable for Children 8 and Under
- 2: Simple Dishes for Children 8 and Over (no knife work)
- 3: More complex dishes for Children 8 and Over
- 4: Complex Dishes suitable for Children over 11 and Young Adults, this would be the only recipe they would be able to produce within the time frame

#### A Few Favourites with Our Guests

- 5+ : Chicken and Sweetcorn Noodle Pot & Biscuits  
Personalised Pizzas and Cupcakes
- 8+ : Tomato Sauce or White Sauce with Pasta and additional ingredients  
Afternoon Tea Party (Scones, Cup Cakes and Sandwiches)
- 11+: The Bake Off (Lunch / Dinner is not provided with this option as the children bake and decorate a 3 Egg Sponge Cake)



## STAFF TEAM BUILDING EVENTS



### Cook & Dine

We offer a range of Cook & Dine Menus starting from £25 per person, including our new Global Flavours range.

How does it work?

- We cook the starter for you to enjoy.
- You create your main course in groups.
- Lunch or dinner is eaten in the dining room.
- We serve your desserts and coffee.

For more information and menus please get in touch

### Bespoke

We are able to create a totally bespoke event for your school. Contact us for more information.

An example of a recent event created for 38 Teaching Assistants across 5 local schools:

**THE BRIEF:** Incorporate nutrition training in a team building event & to reiterate the importance of recognising children as individuals and their different learning styles

#### 'THE POWER OF FOOD WORKSHOP'

1. Introduction & Brief
2. Practical Challenge #1 (In teams, create a sauce to accompany a chicken breast using ingredients provided). This was (light heartedly!) judged on taste, appearance & team work.
3. Reflection & Coffee Break
4. Practical Challenge #2 (Create a Soup for a designated child – details were provided of dislikes, allergies, and challenges).
5. Soup for Lunch
6. Reflection on Personal Learning and what they would take back to the Classroom



## STAFF TEAM BUILDING EVENTS



### **The Bake Off Challenge**

We have hosted many a Bake Off's for corporate clients and it has always been massively successful and a fun team building exercise. This is charged at £25 per person for 4 hours.

We recently hosted an event for 56 members of the Hathaway Medical Group with the brief of 'create something medical' – the results were amazing!

### **Bake & Decorate a 3 Egg Victoria Sponge Cake**

#### We provide

All of the ingredients for the 3 egg cake,  
as well as ingredients for butter icing.

#### Please bring

Decorations.

Fondant icing if required.

Food colouring if required.

A cake tin to take your cake home in.

#### Why Not

Bake to a theme?

Work in pairs to perfect your masterpieces?

Stay for lunch?

(We can provide Lunch for you or you can Bring Your Own)





# The Farm Cookery School



## ADDITIONAL TERMS & CONDITIONS

### **Allergies & Intolerances:**

All allergies and intolerances that are relevant to the course must be declared in advance. We are happy to accommodate children and adults with allergies and intolerances and will work together to plan suitable precautions and alternatives where applicable.

### **Photograph Policy:**

No photos will be used in Social Media or Marketing UNLESS permission is granted in advance. Names will never be disclosed in any Marketing.

### **Privacy Policy:**

We will not disclose any of our customers contact details to any 3<sup>rd</sup> Parties.

### **Refund Policy:**

Cancellations made 7 days prior to the event date will not be eligible for a refund should we be unable to re-book the space.

Refunds will be given if a cancellation is made 8 days or more before the event date.

Should the course be cancelled by The Farm Cookery School for unforeseen reasons, full refunds will be given.

Please get in touch for details of our Covid Refund Policy

### **Timings:**

Should a booking run over the allotted time by more than 30 minutes we will charge £8 per hour or part thereof.

### **Payment:**

A 10% non-refundable deposit is required to reserve your date and balance payment should be made once the numbers have been confirmed, 7 days before the party and on receipt of the invoice.

We hope that you have a wonderful time!