

Ringway Primary School

Community Project - Nutrition & Healthy Eating



As part of our continual commitment to the community, Ringway Primary school ran a Nutrition & Healthy Eating program for parents with children enrolled in our school. The course, run in association with Manchester City's 'Lifestyle' department, took place over a six week period in the first part of the summer term.

Parents who enrolled got the chance to work with their children each Friday afternoon. Here they learned how to make a variety of healthy and nutritious food at a reasonable price. The course was run by a nutrition professional and incorporated a wonderful balance of theory and practical based activities. The school targeted parents of pupil premium children and poor attenders initially, in the hope of involving these families more in school based activities.

Over the course of the six weeks, 10 families enrolled. They made everything from turkey burgers to fish cakes. All ingredients were provided by City Lifestyles, with parents and children enjoying the social aspect of the course

as much as the educational side. Discussions were had regarding food labels and the amount of salt in products. The importance of breakfast was a really big focus as well as explaining how a balanced diet must be complemented with



physical activity.

Weekly Study:

Week 1: A healthy breakfast

Overnight oats & scrambled eggs with tomatoes

Week 2: Preparing for lunch

Turkey Burgers with smart dressing

Week 3: Something for the Evening

Homemade pasta sauce with herbs and vegetables

Week 4: Viva Mexico!

Tacos and wraps using fresh guacamole

Week 5: Fancy a snack?

Delicious tuna/ salmon fish cakes with spices

Week 6: Delicious Deserts

Fruit cocktails using berries and bananas.



Throughout the course, adults and children worked together to prepare and cook each dish. There was a big focus on the importance of hygiene in preparation and also on how to use kitchen equipment correctly. Participants got to try the food they prepared and also had the opportunity to take some home along with a recipe book. Before debriefing each session, adults and children also worked together to clean up and wash dishes. Again emphasizing the importance of hygiene in the home.

Star of the week:



Each session Julie (the nutritionist) would select a star of the week for bravery to try new foods. This helped parents and children overcome their fear of certain food groups. In the picture Cam'ron (5C) shows of his burrito packed with vegetables such as peppers and courgettes. Previously he would have never tried these.

Graduation:

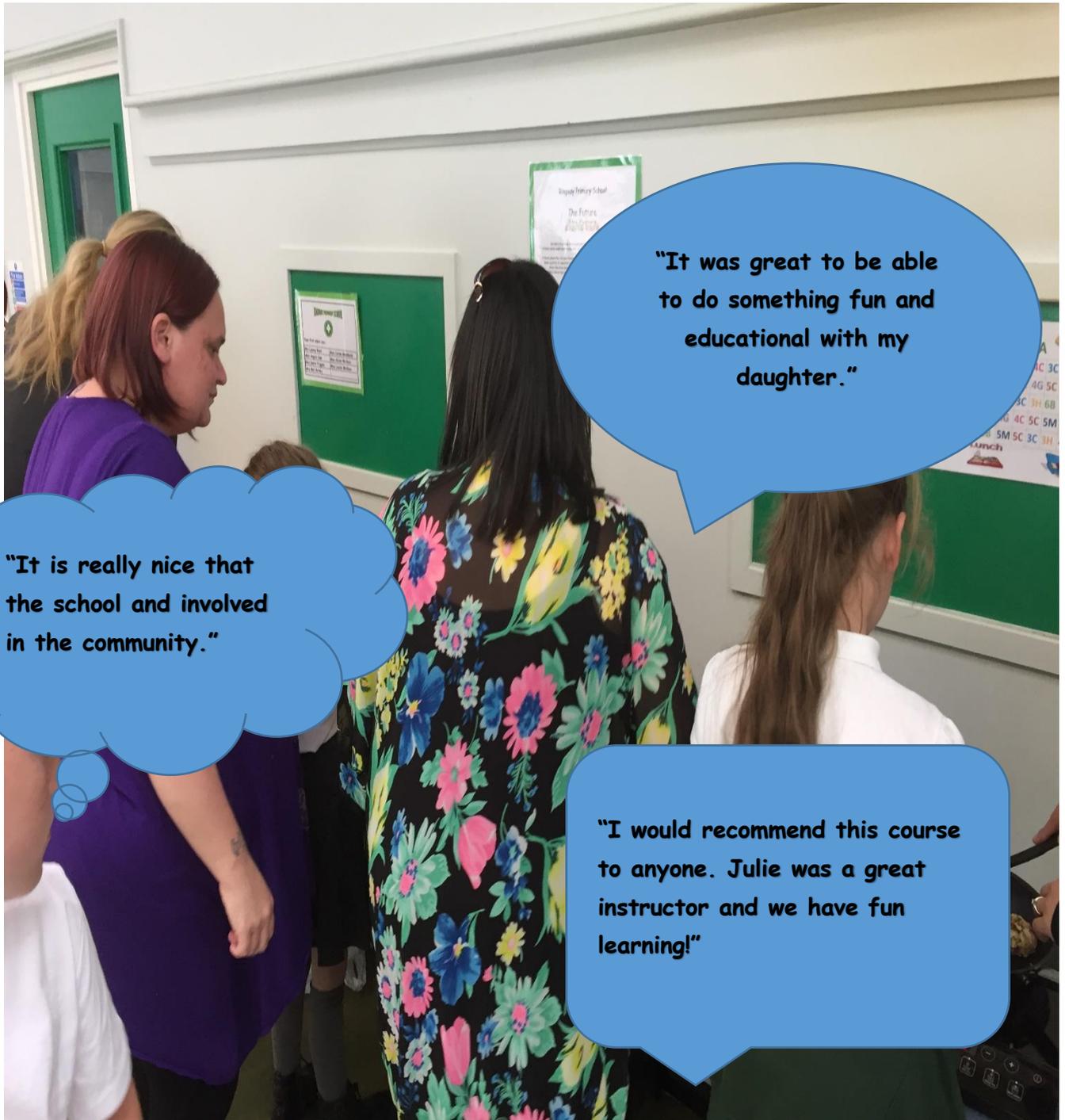
When the course was completed, all participants took part in a mini graduation ceremony where they all obtained certificates of participation.



Feedback and quotes from participants:

"Fantastic course full of great information."

Ms. V Salter



"It is really nice that the school and involved in the community."

"It was great to be able to do something fun and educational with my daughter."

"I would recommend this course to anyone. Julie was a great instructor and we have fun learning!"