

## Top Tips To Get Your Caterers involved in the BNF Healthy Eating Week 14<sup>th</sup> – 18<sup>th</sup> June



**Healthy Eating Week** is an opportunity to really focus on our food choices and daily diet habits. I am sure that most of us could make some changes to ensure a healthy and more balance approach to food. Your school caterers are a key part of getting this message out to students and so we wanted to share with you our top tips on how to get them involved throughout the week and in the future –

- 1 - Invite your caterers into the classroom to talk about what goes into making school meals, why certain foods are on the menu and how they are ensuring that students get what they need from the meals they provide.
- 2 - Speak to your caterers about allowing students to visit the kitchen to see the various different processes and skills in action. From preparation to cooking and serving – do students really know everything about their meals and how they get to their plates at lunch time?
- 3 - Have a demonstration area set up so students can watch the final part of the process in live action as they make their meal selections and it is served to them.
- 4 - Have a tasting table – each day select a new and healthy ingredient and challenge students to try it and rate their feedback. This could be as simple as trying an avocado and then giving it a thumbs up or thumbs down and could also inform new healthy menu ideas for the future.
- 5 - Conduct a survey of students views on school meals and put together a student voice to meet with your caterers to discuss the feedback and what changes could be made.
- 6 - Set a classroom cooking challenge as part of the curriculum and invite your school cooks, caterers or catering manager to come and taste test and evaluate the students recipes and culinary skills. The winning dish could even feature on one of the daily menus!
- 7 - Challenge your school cooks or caterers to a blindfold taste test challenge. Who will have the best taste skills the students or the caterers?

