



Lewisham

tasty VIEWS



JUNE 2019

Cooper's Lane – Year 6 Cooking

We came to Cooper's Lane this month to take part in the Year 6 Home Journey. We made pizzas from scratch with the pupils learning to make and knead their dough as well as no salt or sugar sauces and topped with vegetables. They also learnt the importance of healthy eating and making fresh food.



St. Winifred's – 'Taste the World'



St. Winifred's Primary was celebrating their 'International Day' this month and so asked us to deliver our 'Taste the World' sessions. We made caterpillars and canapés with a range of vegetables and herbs and spices to introduce flavours as well where they come from.

Ashmead – 'Taste the World' and 'Fit Food'



As part of BNF Healthy Eating Week we visited Ashmead Primary to deliver 'Taste the World' and 'Fit Food' workshops. The students competed to pitch a new healthy energy bar whilst learning the importance of health but also health claims and marketing.

Dalmain – Year 6 Cooking

Dalmain Primary came to visit us at the Lewisham Training Kitchen this month as part of their year 6 home journey. We made pizzas from scratch with the pupils learning to make and knead their dough, fresh sauces, and their own choice of toppings, such as beef chili with peppers.



We also loved running the Daily Mile with **Stillness Infants** and would love to come and run it with more schools. Please get in touch if you would like us to visit your school for the daily mile.

Through our partnership with 'Young Minds' we also offer mental health training for teachers through our Mental Health specialist. Get in touch if you would like more information!

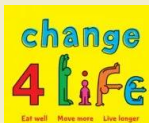
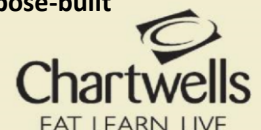


WANT TO FEATURE IN NEXT MONTHS NEWSLETTER?

If you're interested in health and wellbeing sessions at your school or our purpose-built training kitchen please get in touch!



Freya Strutt – Lewisham Nutritionist - 077355242
Freya.Strutt@compass-group.co.uk



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery