





Michaela has worked extensively at Monksdown Primary School for several years and is a valued, committed member of our school community. Her friendly, positive manner, organised and practical approach, has been well received by staff, children and parents. Lessons are stimulating and creative allowing all learners to be actively involved and engaged. We consider her work to be an intrinsic part of the broad and balanced curriculum we deliver.

Gill Stewart – Deputy Head Teacher Monksdown Primary School Liverpool.



I would certainly recommend this service to any school; educational setting or community group and indeed we have used Apple of my Eye Education before in one of my early year's settings when Michaela spent the day with our Chef teaching them better ways of cooking and presenting food to much younger children and babies. An outstanding company without a doubt.

Erica Williams - Operations Director, ABC Pre-school Limited. Leeds, Warrington and Manchester



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# ABOUT US

**I**ntroducing you to a new service; providing a high impact and quality provision in teaching and learning on food and nutrition from Early Years through to Key Stage 2.

Apple of my Eye is a food education service offering a variety of workshops, courses, training and advice for schools and educational settings. We have been working as School Food Advisors for the last six years building up a positive reputation throughout schools in Merseyside in the North West and expanding throughout the UK. Passionate about teaching food and nutrition and we love to create a real buzz around cooking and healthy food choices.

This service has been in response to recent changes in the National Curriculum and demand for high quality provision delivering food education to children in schools and educational settings giving young people the building blocks towards lifelong commitments to healthy lifestyles, in a fun and exciting way. We recognise that schools offer an ideal environment and culture to address the big health issues of this generation, including healthy weight management. All our work with schools is designed to have a positive impact on health and well-being indicators and is good evidence

of whole school initiatives aimed at promoting health as well as strong curriculum links as part of the Food and Nutrition delivery within Design and Technology.

**Service Level Agreements**

We can deliver stand-alone days to a full 12 month Service Level Agreement. This gives the school, one School Food Advisor one full day a week in school who will plan, resource and deliver up to three practical lessons. The lessons will link with your current school curriculum or will be a separate scheme of work to suit your needs.

All classroom sessions are carefully engineered to be inclusive and achieve learning objectives that will carry children through to their adult years. Workshops are fully resourced, highly organised and most of all reasonably priced.

Professional development workshops are tailored and adapted to the staffing requirements of the school. They offer an understanding of the need for good organisation and management of practical food activities and pedagogical issues pertinent to practical work.

If you would like prices or further details, please do not hesitate to contact us. We look forward to supporting your school,

Best Wishes  
**Michaela Wright**  
Founder, Apple of my Eye



# GIVE YOUR TOPIC THE

# WOW FACTOR!



Our sessions are extremely varied depending on schools' requirements from Handa's Surprise Fruit Session making a delicious fruit salad to World War II Session on Rationing and Victory Gardens! Making a wonderful Potato Salad or Baking Traditional Victorian Sponge Cakes.

Sessions obviously depend on whether a school has an oven available, however we can provide table top stoves to cook within the classroom when cooking hot food for example curries, stir fries etc.

Our most popular one off sessions in schools have most recently been Food and Faith Sessions and Chinese New Year Sessions creating a delicious Stir fry in the classroom cooking with giant chopsticks!

Our sessions cater for up to 30 children at a time depending on individual learning needs and do not last longer than 60 minutes usually. This includes a presentation, demonstration and practical activity. We always provide master copies of recipes and worksheets to compliment the practical task.



# CURRICULUM LINKS



In September 2014, cooking and food education became compulsory in the national curriculum for pupils up to the end of key stage 3. In November 2015, Food teaching in primary schools: Knowledge and skills framework was published. The new curriculum lays out the importance of 'instilling a love of cooking' in pupils from a young age. 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.

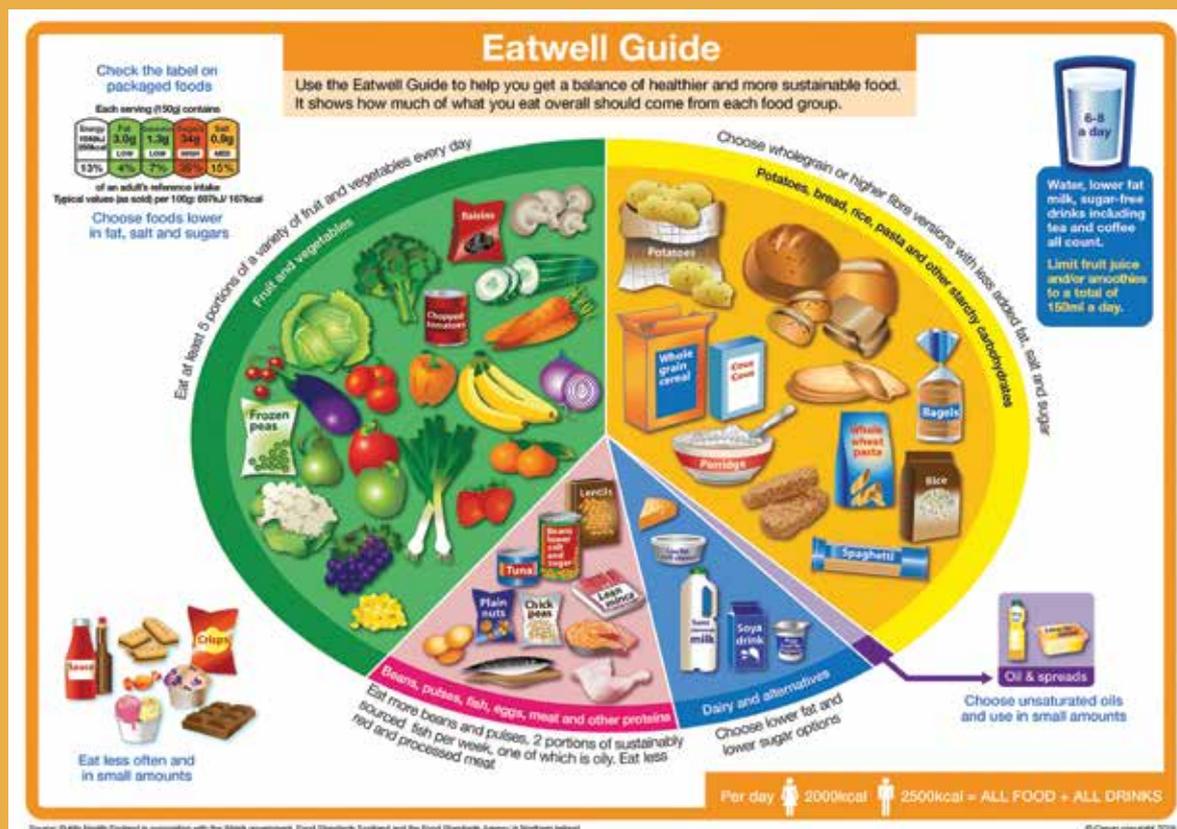
## Pupils should be taught to:

### Key stage 1

- Use the basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from

### Key stage 2

- Understand and apply the principles of a healthy and varied diet
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed



# EARLY YEARS



**H**abits learnt in childhood can last a lifetime. It's important to help young children develop a positive attitude to healthy foods, and for adults to role model healthy eating habits. Many children don't eat enough fruit and vegetables. Younger children can be reluctant to taste new foods, creating stress for their parents. The idea of eating a rainbow uses the appeal of fruit and vegetables colours to encourage children to try new foods.

'Eating a Rainbow' of colours and vegetables also promotes good health. Each colour provides essential vitamins, minerals and phyto-chemicals with special health benefits. Phyto-chemicals give fruits and vegetables their colours. Fruit and vegetables also contain fibre for bowel health and are bulky, which helps prevent over-eating and too much weight gain. Our Rainbow sessions are design for young children to have fun and experience about different fruit and vegetables in a really positive atmosphere. Our practical sessions with early years are carried out in working with smaller groups within the setting area and we generally like to spend a couple of hours in a setting doing this so not to disturb the free flow play of an Early Years setting.

All our aprons and equipment is chosen to be safe and easy to use for younger children. Our healthy recipes are fun to prepare and children will be motivated and encouraged to try tasting those essential nutrients they need to grow.

Our Messy Food Train Sessions are aimed at getting children comfortable with different textures and smells. This is done by introducing different textures into games for the children to touch. Through this, children are able to associate food with play and food is no longer something scary to be frightened of, but is fun. Our Messy Food Train Sessions have proven to be popular on parent play days and generally last a whole morning or afternoon working in partnership with the Early Years or Foundation Team. Messy Food Train Sessions can accommodate up to 15 parents and 15 children at a time.



# HEALTH DAYS ♡

**H**ealth Days and Weeks have become very popular in most schools due to the importance of focusing on the school's health as a school community. Our Health Day Sessions are designed around children understanding and identifying how making the right choices in food, drink and exercise can contribute to a healthy lifestyle.

For children in **Early Years and Foundation** we focus on 'Trying Something New' by giving children the opportunity to help prepare and taste simple, healthy, recipes using fresh, seasonal ingredients. The sessions are highly sensory giving all the children opportunity to smell, touch, feel and do keeping them engaged in their learning.

**Key Stage 1** children are introduced to the food groups by playing games and fun activities. They have the opportunity to make and taste a healthy recipe which could be a smoothie or seasonal salad depending on the time of year.

In **Key Stage 2** we like to establish the knowledge of the Eatwell Plate and the importance of hydration in the body with healthy choices. The children learn together in a fun and interactive way 'just how much sugar they might be drinking'... through fizzy or sugary drinks. Practical sessions are designed to enthuse children to eat fruit and vegetables and understand the health benefits.



For children in **Year 6** who are approaching the transition from primary to secondary approaching age 11 they can be influenced by marketing strategies from fast food giants, sport's drinks companies and confectionary. Promising them they can run faster, jump higher or play football for longer. We explore and discuss the marketing strategies and how companies can persuade you to buy these drinks and food through advertising campaigns on television, billboards and packaging. How scientists run trials and tests on superfoods to find out if some foods do actually have an increased effect on some aspects of physical health.

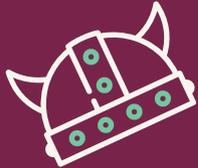


# FEASTS

Let us come to your school and cook your Year Group up a Feast that matches the era of history you have been studying... This might be Anglo Saxons, Vikings, Egyptians, Romans, Victorians, World War II, or The Titanic. We are happy to take it on whatever the topic – we love a challenge!!

We will cook delicious food, lay up the tables, decorate, provide music, deliver a short presentation and provide a worksheet to keep the children engaged and busy.

These are proven to be extremely popular with our schools in the North and South.



## A unique and exciting way to celebrate the start or the end to a history topic



## HISTORY WORKSHOPS

Besides developing Schemes of Work based on how food has changed throughout history, focusing on Topics such as Anglo Saxons, Victorians, Elizabethans, Tudors, Castle Food, Romans and Ancient Greeks. We have more recently created our popular 'Feast Days' for themed events for schools with titles such as Egyptians, Anglo Saxons, WWII, Navvies and Transport, Victorians, The Titanic Breakfast and Africa. Children have learnt new skills whilst preparing the food of that era and then dressed up in costume to join in a celebratory feast!



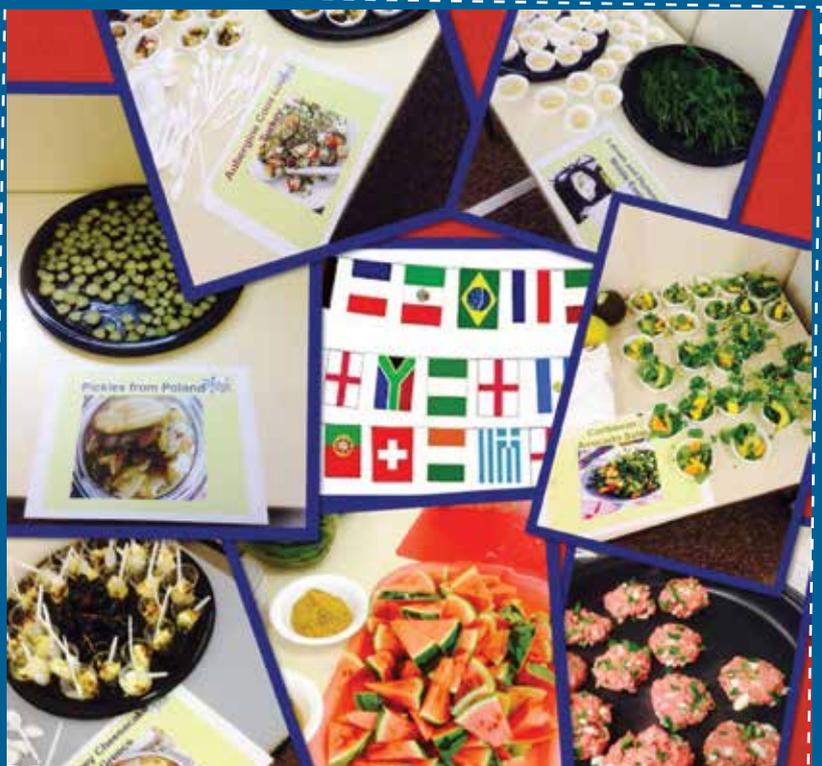
# LANGUAGE DAYS



The world is a huge place making the world of food even bigger to explore and investigate. Learning the provenance of foods is a huge part of our lessons. This information is strongly focused when talking about various countries around the world and this can be linked to learning the languages that are already being taught within school such as Spanish, French, German and Chinese.



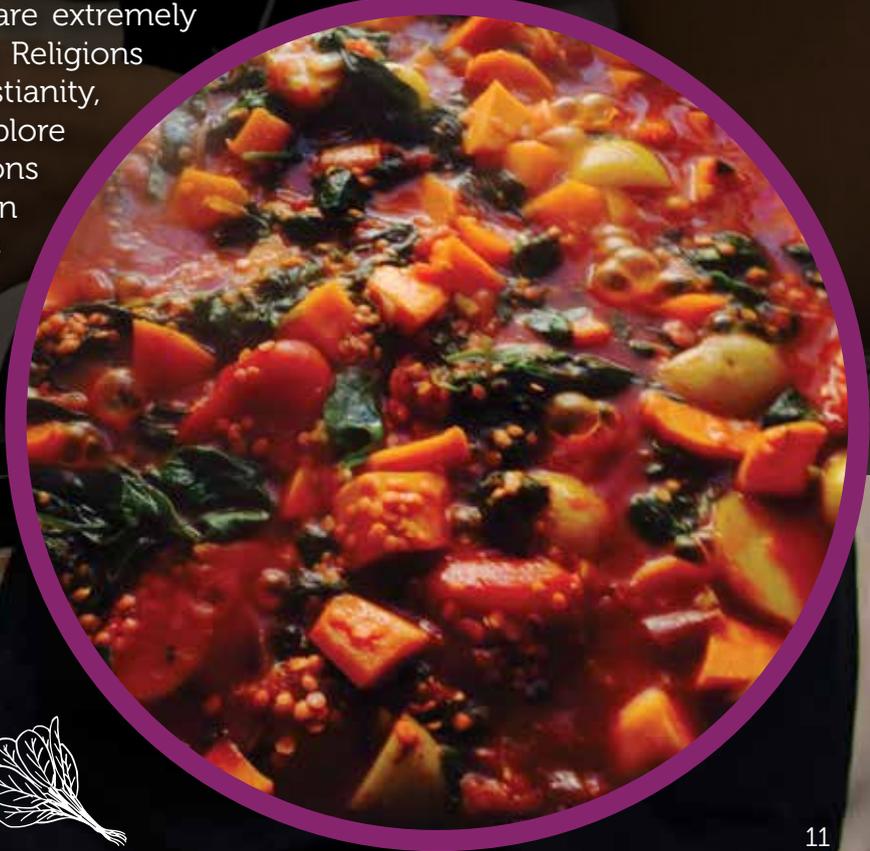
Topical subjects such as Rivers and Water; lead children to explore different continents and with this comes a change in climate, growth of crops and of course diet. There is no better way than to teach this through Practical Cookery and people lifestyles are different because of their environments.





# FOOD & FAITH

**L**earning about diversity promotes tolerance and our Food and Faith Sessions do just that so are extremely popular. Workshops are based on Religions such as Buddhism, Islam, Christianity, Hinduism, Sikhism and Judaism. Children explore and learn about the culture and traditions of the religion and learn to cook a tradition celebratory dish associated with a religious festival or celebration, E.g. Hinduism where children learn the story of Rama and Sita, learn a Bollywood Dance and cook a curry all in one day!



# ★ CELEBRATIONS ★

**K**ick your topic off with a WOW with our tailored workshops. We can work with you to cover any festival or celebration. Popular events we have covered include Chinese New Year, Easter Baking, Diwali, Christmas around the world and Autumn Magical Baking.

Please contact us for more information and find out how we theme our workshops to fit in with various celebrations and make it an exciting classroom experience.



# SCIENCE DAYS



**F**ood is Science seeing and how 'change and effect' can happen by applying a process to a material such as food is a great way to learn about Science. Our Science workshops are built around using food as a resource; demonstrating and setting fun experiments to engage children in their learning and achievable outcomes. These sessions can be done in the classrooms or in a hall in a carousel style depending on the requirements of your school.

Our sessions in the past have been booked for Science Weeks and as rewards for children who have been highlighted as achieving in attainment, attendance or behaviour.

Children are taught in class sizes of 30 or smaller groups so as to enhance the learning environment and gain a good understanding of the subject.



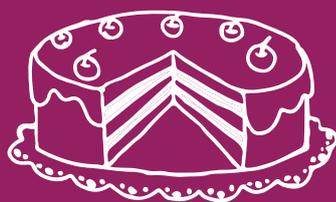
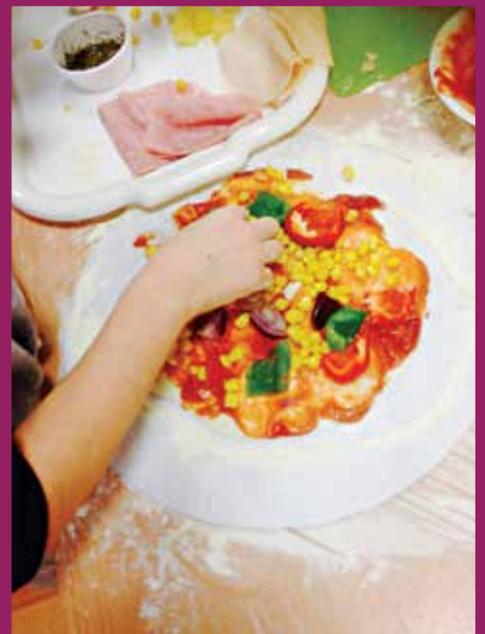
# AFTER SCHOOL



**O**ur after school cookery clubs aim to provide fun and laughter alongside the importance of learning to cook. These are exclusively given to our service level agreement schools at the present time. They normally run for 5 week sessions and build upon progressive skills. We understand that clubs have a range of ages and we are experienced in dealing with these scenarios. Our clubs run for approximately 1 hour and include all equipment, aprons and ingredients. We can theme these according to your needs e.g Little Chefs (under 5's), Healthy Snacks, Bake Club, seasonal meals and even if you do not have use of an oven that's fine too! We just work around it! Clubs can accommodate up to 12 children at a time.



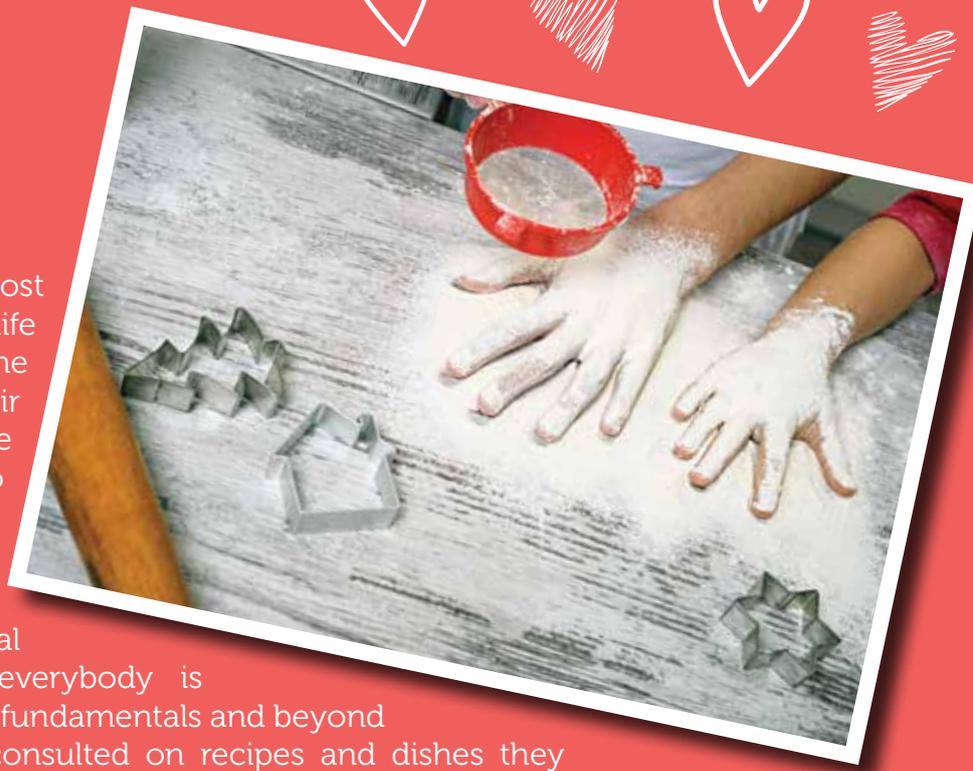
For all settings E.g. holiday clubs, summer camps, transition days, we offer sessions during the day too where we will plan a session linking in with your theme or topic. We are experienced with teaching all ages and differentiating tasks and activities. All sessions provide cookery equipment, resources, aprons, hats, and ingredients. These sessions can accommodate up to 30 children in one session.



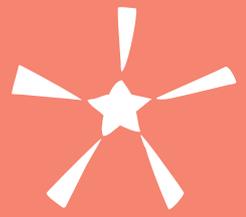
# PARENTS

Parents are the first and foremost important factor in a child's life therefore we understand the importance of school's engaging their parents at every opportunity. We have a proven track record of doing so through our 'Get Down and Cook!' sessions.

Invite your parents in to an informal and relaxed atmosphere where everybody is welcome and supported to learn the fundamentals and beyond of food and cooking. Parents are consulted on recipes and dishes they would like to learn and experience together. These courses have a high retention rate and increase parental engagement throughout all year groups. Our staff are experienced in running parent sessions and enjoy exchanging tips and knowledge with the parents who want to learn the basics to the more experienced cooks. We have even had parent chefs with 20 years experience attending our sessions and loving every minute! These sessions can be designed around working alongside their own children or alone. They normally last for five weeks and accommodate up to 10 adults at a time. Parent and child cookery sessions accommodate up to 10 adults and 10 children.



# BREAKFAST EVENTS



The most important part of the day to fuel our bodies and ensure we have enough energy to see us through til lunchtime. These events are proven to engage parents and the wider school community often held earlier in the school day commencing at 8am we are successful at reaching those working parents and dads who simply cannot get time off to get to school activities.

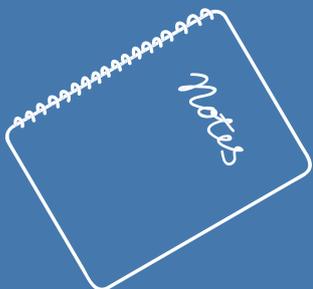
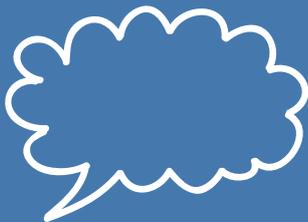
Allow us to come in and prepare a healthy breakfast for the children and their parents and carers, we lay up the tables, provide table top activities and even something to read! It is an ideal opportunity for teachers and staff to reach parents and chat informally. Many schools have had a particularly high increase of parent engagement on this day and improved punctuality and attendance. Some schools have used this to celebrate the start or end of the school year, Christmas or even launched Literacy Week in School if this is the case we will theme the Breakfast Menu.

These events can cater for up to 100 people at any one time.



# STAFF TRAINING

**D**ue to changes in the Design and Technology Primary National Curriculum many schools do not have the know-how or skill base within staff to teach food preparation within school. Our team offers Inset Day Training and Twilight Training that includes tips and tricks of how to manage a practical cookery for a whole class, simple healthy recipes, curriculum links, Schemes of Work, and websites. We will come along to your school and take you through a Food and Nutrition journey giving teachers and learning support staff the confidence to get cooking in school. This can be a whole school event or small groups.





# COMMUNITY EVENTS & FESTIVALS



food and drink based activity in our Apple Tent! We are able to deliver short workshops of 30 minutes or longer sessions of 45 minutes throughout the time your event is open and can cater for number of up to 30 at a time depending on your requirements.

Children can delight in preparing fun, healthy, delicious dishes guided by our professional teaching team. Parents can choose to join in the fun or take a break and enjoy watching their little chefs demonstrate their skills!

Equipment and consumables are all supplied by our company and recipes and dishes can be themed depending on the Festival or Event.

This service is available from April to October UK wide.

**C**ommunity Events and Festivals are becoming more widely attended by families with younger children. Children's activities and entertainment is always in demand at these events. Our company is now available to offer a service of delivery children's workshops at these Events and Festivals. Our Festival Team is widely experienced in running logistics at various events offering exciting entertainment to our younger chefs eager to get involved in the action. All our team our fully insured and DBS Checked and offer a safe environment for children and parents to enjoy a

We value our community and partnerships working with other organisations where we can celebrate national food days together and pass on information. Our partnership work has included National Seafood Week, Let's Get Cooking with Children's Food Trust and Tesco Eat Happy Cookery Club Sessions. We also work with our local partners such as Community Health, Children's Centres and Youth Centres to organise special events and deliver cookery courses.

For more information and a quote for your event please contact us.



# GROWING

This year has been our first year of offering a School Food Growing Service. We took on the opportunity to revive a school allotment that had long been ignored and was not utilised to its full learning potential. It has been an overwhelming success and we are now confident we can offer this service to further schools.

We are able to offer this service from Spring 2 through to Autumn 1 depending on your facilities within the school gardens or perhaps a piece of land you would like to develop. Our team will plan and organise your Growing Lessons all of which will be outside unless the weather stops us (which isn't very often). The lessons can be crosscurricular linked with science, art, geography, design and technology, maths, English - in fact, most subjects.

Children will garden design, prepare soil, plant, sow seeds, learn about companion planting, seed investigation, growth, pollination and what to do with the food once it has grown and been harvested.



If you would like to find out more about our Growing Service for schools. Please email:

**[appleofmyeyepool@gmail.com](mailto:appleofmyeyepool@gmail.com)**

**Telephone:**

**07984153798**





# CONTACT US



FOR MORE INFORMATION AND FOR BOOKINGS PLEASE CONTACT  
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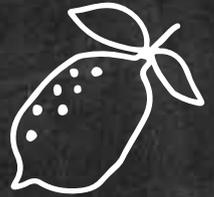
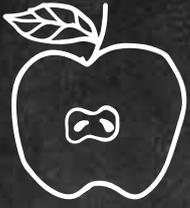


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# Apple of my Eye

Learn. Create. Taste.

