

Assembly plan

Aims

This assembly explains what Flora Cooking with Schools is all about and why the ideas underpinning the project are important. Following the assembly, pupils will:

- understand the importance of healthy eating
- appreciate that cooking is an important life skill
- know that learning to cook can help promote healthy eating
- understand how the Cooking with Schools project can benefit them and their school.

Audience

This assembly has been designed for use with pupils aged 7 – 11 and their parents / guardians.

Recommended resources

- Projector / interactive whiteboard
- A2 poster from your School Support Pack
- Print outs from our new website to hand out (e.g. recipes / parent flyers)
- Internet connection to show school's Target Measure

Preparation and planning

- You might like to decorate the assembly space with posters that can be downloaded from our new website, or the printed posters found in the educational resource pack and School Support Pack.
- This assembly is also the perfect opportunity to distribute the parent flyer that can be downloaded from our new website, for pupils and parents to take home. Print off sufficient copies in advance.
- If you have an internet connection available, ensure you have access to www.cookingwithschools.com so that you can show pupils and parents your school's Target Measure. These show your target amount, versus number of tokens collected, so that pupils and parents have a tangible representation of the collection challenge in their minds.

Introduction

The assembly materials provided here assume the simplest introduction to the Flora Cooking with Schools project. These notes and the accompanying PowerPoint presentation will equip you with everything you need to introduce your campaign to the school with as little effort as possible. However, if you have the time and resource available, you may like to run a more interactive event to launch your Cooking with Schools campaign (see the extended events section on page 2 of this document).



Presentation

Healthy cooking and eating are an absolute priority for us here at Flora. We feel that getting children cooking is the key to a healthier, happier, more creative future. Much of the content of the assembly presentation that accompanies these notes is designed to help you explain to pupils the importance of healthy eating and the link between healthy eating and cooking.

- Slides 5 – 8 provide opportunities for pupil interaction in the form of a number of true or false questions on healthy eating and its importance. Ask pupils to volunteer the answers to the true or false questions on slides 5 and 7, before showing them the correct answers on slides 6 and 8.
- Slide 9 can also be run as an interactive exercise. The slide lists a number of words that pupils may positively associate with the process of cooking. Before showing the slide, ask pupils what cooking means to them. You may like to ask one pupil to gather the response from their peers on a whiteboard.
- Slides 12 – 28 explain the Cooking with Schools campaign as simply as possible. Slides feature images of the cooking equipment to get pupils excited about your campaign and images of the tokens found on packs of Flora, so that they are able to more readily aid their parents in identifying these at a later stage.
- Slides 25 and 26 explain to pupils what they should do with their tokens. If you have a school collection box, make sure that you tell pupils about it at this point.
- Slide 27 can be adapted to include your school target. You may like to insert an image of your school Target Measure here.

Time for reflection

Share the following thoughts with pupils at the assembly close, and ask them to reflect on them for a moment:

- We only get one body so it is important to look after it.
- Exercise and healthy eating keep us fit and well.
- Learning how to cook helps us to eat more healthily, and it is fun.
- Spread the word and get everybody collecting Flora Cooking with Schools tokens so that we can all learn to cook!

Extended events

You may have more time and resources to invest in your Cooking with Schools assembly, so pupils and parents are really inspired to go and spread the word about your collection in the local community. Here are some simple ideas on how to stage an even more exciting assembly:

- Bring a number of different types of healthy dishes in to show pupils the kinds of things they will be learning to cook with their new cooking equipment.
- Ask some pupils or another teacher to demonstrate a simple recipe (e.g. make a salad or a smoothie) while you are presenting.
- Run an assembly in the style of 'Ready, Steady, Cook!', perhaps with one pupil team* and one teacher team. Give each team a set of ingredients to create a dish with while you are talking the rest of the school through the presentation.
- If your school has a cooking club, they may like to run the assembly, passing their enthusiasm to other pupils.
- Run a cooking workshop in the hall with as many pupils / parents as possible taking part. Use a simple recipe such as our fruity scones, which can be found on our new website. Ask each pupil or group to bring in a set of basic equipment (e.g. a mixing bowl, rolling pin and apron**) and run a guided 'cookathon', using step-by-step slides to talk participants through the recipe. With larger groups it can be helpful to pre-weigh ingredients. Once pupils have made their fruity scones, they can be taken to the kitchen to be cooked, after which pupils can eat what they have produced.

Sonning Common Primary School's PTA ran a similar cooking event in their school hall during 2008. Penny Snowden, Chair of the PTA, led the event.

"Around 40-45 children were involved, with two adults leading and around ten others supervising. It was a really rewarding event for everyone and the format allowed them all to be completely hands on. Often with cooking workshops, there are only a handful of pupils who can interact with the food and the others have to watch, so this model allowed everybody to be involved. It is a format which we will repeat and which can easily be transferred to other environments."

*Pupils should always be supervised when cooking. **Ensure that pupils understand that they should not bring in any dangerous equipment such as knives.