

The Fun Food Chef

www.funfoodchef.co.uk

" It was an absolutely fantastic two days. Pat provided a well structured activity but in a fun way for the girls to learn about healthy eating. His professionalism and vitality made the whole experience wonderful. I would highly recommend his input for any themed or dimensions days. "

Liz Jefferson-Tame - Head of Food Pensby High School for Girls

cook 4 life

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Not only does The Fun Food Chef prove an invaluable way for many schools to underline their commitment to the health and wellbeing of their children and young adults but is also able to add real value to Food Technology students education.

Our customers are from the full spectrum of educational needs: Pre-School, Primary, Special and Secondary. The activities are supported by the Healthy Schools teams of Wirral, Cheshire West, Sefton and Liverpool as well as Cook 4 Life but most importantly support your pupils' studies.



We organise all aspects of fun, interactive and educational healthy food workshops which can be tailored to the year, pastoral need or subject topic to ensure pupils and school gain maximum benefit.

Over the last three years most of my customers have been in the primary sector although undoubtedly some of the very best work has been with older children and young adults. This has been in three main areas.

Supporting Health and Diversity days with a high speed interactive cookery session run at Pensby High School for Girls and Wade Deacon High School (usually 5 short sessions per day held in a Food Tech Room) Some of the sessions are below:

The Greeks – taking pupils on a gastronomic tour of Greece exploring the climate, inventions and agriculture whilst preparing a fantastic Greek Meze from scratch.

Italian Bolognese/Butchers versus the Supermarkets– A quick and inspiring session to allow the children to design their own breads and flavours, make a delicious Bolognese packed full of hidden vegetables and see why butchers meat is best.

India – Links to support diversity, healthy eating and science whilst the children make a fresh curry, naan bread and lassi.

Youth Programmes have been designed for Halton Action for Children & Healthy Schools. This was to deliver a week long course for groups of young adults (15 to 21 years of age). It is not just about learning to cook but about raising their self esteem. The youngsters arrive, many unable to cook yet conclude by putting on a lavish meal for invited dignitaries and stakeholders. Shorter two hour programmes have also been developed and run with fantastic results too.



Food Technology Support - Most recently Alsop High School Technology and Applied Learning Specialist College (Liverpool) requested that I run 3 double lessons during a day to inspire their Year 10 pupils in their Food Technology studies.

The Food Technology Teacher's brief was to provide a 1 hour 35 minute session to help to inspire her Year 10 pupils to think more of their presentation skills, to focus on world flavours and involve sugar work.

The sessions were fast paced and ensured all the pupils fully engaged with the sessions objectives involving 18 pupils preparing 3 dishes from around the world (Moroccan spiced lamb, Indian curried monkfish and a plum Tarte Tatin with sugar twists). The feedback was fantastic and the Head and deputies so impressed that they gave the go ahead for 3 further dates (3 sessions per day).



Contact us now and let your children benefit from "The Fun Food Chef" experience!

Visit our website to learn more www.funfoodchef.co.uk or Phone - 0151 342 7485 or Email - patoakes@funfoodchef.co.uk

Barbara Egan CYPAN Manager (Extended Services) "I cannot remember a time when I have been so impressed with an achievement such as this throughout my career" "Everyone involved had worked so hard and the food was fantastic but most of all the confidence and pride demonstrated by the young people was such a delight to see I am sure that they will go on from strength to strength and will always reflect on the support and guidance shown to them by yourself and 'Chef Pat' Congratulations on a magnificent achievement". (Regarding week long project for Halton Youth Service)

Key information - Rated at 9.6/10 in survey of over 100 teachers - Local produce used where possible but only local free range eggs, free range chickens and local meats used - Supporting fair-trade and use of ecological practices and products - operates from a fully commercial kitchen inspected by the Local Environmental Health Officer and passed to a high standard - Enhanced CRB certificate