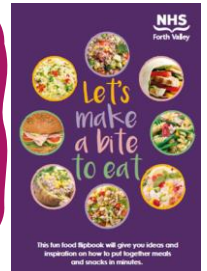


Let's Get Cooking!

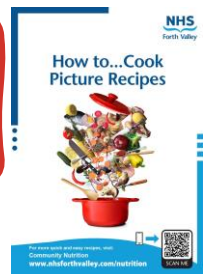
Free training to help you deliver food activities for children and families

Food prep, cooking and growing activities are a great way for individuals and groups to learn new skills and increase their knowledge of healthy eating.

The Public Health Nutrition Team at NHS Forth Valley have free ONLINE training sessions with a range of resources to support anyone running food activities with individuals or groups. Over 2 x 2hr sessions you will build confidence in delivering these activities. Dates are below - to book your place select morning or afternoon sessions. Contact ... claire.houstoun@nhs.scot



Session A
Tuesday 8th June 10am-12 or 4pm-6pm



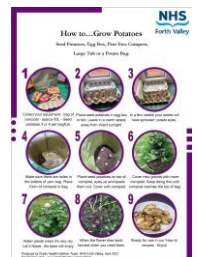
Session A
Wednesday 9th June 2pm-4pm



Session B
Tuesday 15th June 9am-11 or 4pm-6pm



Session B
Wednesday 23rd June 2pm-4pm



Download resources:

Community Nutrition

www.nhsforthvalley.com/nutrition

or email us fv.fvcommunitynutrition@nhs.scot

Scan Me





Training – Food Safety Modules



If you're involved in running practical cooking sessions or groups, it's important to ensure that all staff and volunteers involved are trained in the basics of Food Hygiene.

NHS Forth Valley Public Health Nutrition Team have produced 7 Food Hygiene modules, that can be accessed via the Community Nutrition website. They are packed full of useful information, quizzes, videos and will inform staff and volunteers of the basics of food hygiene, which is essential for anyone working with food. The quizzes and answer sheets can also be printed off and used as part of nutrition and cooking session – they can be used to test the groups knowledge and can help stimulate discussion within the group.

For more information on the food and cooking training we have on offer visit:

Community Nutrition
www.nhsforthvalley.com/nutrition
Then choose 'Training' webpage.

Other Useful Websites

Food A Fact of Life – www.foodafactoflife.org.uk

This website is packed full of free educational resources about healthy eating, cooking, food and farming. Resources can be used to stimulate learning and ensuring that consistent and up to date messages are delivered. There are recipes quizzes, session plans, powerpoint presentations and videos illustrating how to get started cooking and how to use kitchen equipment safely.



Parent Club – www.parentclub.scot – Choose 'Food & Eating'

This Scottish Government website is full of information and tips on food and eating. It has loads of easy recipes, cook a long videos, meal planners, downloadable resources and even tips for fussy eaters.

