



Local cookery classes give food for thought

PEEBLES-based You Can Cook organises cookery classes and demonstrations, talks and workshops on food and health-related issues all over Scotland...

'FOOD For Thought' is a flexible programme that helps parents and young people to understand more about the food they eat and all the available options for eating and managing a healthy diet.

We wanted parents to take part in the programme as we helped them in bringing positive changes to their eating habits as a family. There was no cost involved and the programme was provided free to all participants.

The project is due to end next month and currently Girl Guides and Boy Scouts are going through the final phases.

We provided information on where to source specialist ingredients in case of food intolerances and allergies.

The project also tackled the following issues - the link between food and behaviour in kids, how to prepare salads and fruits, vegetarian options, whole grain foods and ready-meals (pros & cons). It showed that healthy foods are not always expensive, how to plan and organise your children's diet, how to influence kids with food, using colours and textures to entice take-up of new foods. Parents were encouraged to support their kids by being an example themselves by eating foods they want their kids to eat and we gave quick and easy recipes for school lunches and snacks plus health and nutritional information.

'Food for Thought' was a valuable educational opportunity for young people. Our experience working with young people has clearly shown that they value our sessions because we use an element of fun in our style of teaching which is easy and flexible in its approach.

We wanted to reinforce to parents the ethos that cooking your own food is not only healthy but they will know exactly what is in the pot! There are no nasty surprises and it will remove the long list of ingredients normally in packaged and ready-made foods.



As an organisation with healthy living at our core, our ethos is to motivate communities and individuals to enhance their health and wellbeing through food. We are providing an environment for young people to access and experiment with new tastes and ideas about food. All our workshops encourage learning through active participation. Our main focus is basic cookery skills and how to cook delicious meals from scratch and with few ingredients, ultimately keeping your overall cost down and within your budget.

Shopping tips are shared with all participants along with how supermarkets entice you to spend more the

you actually need! The children were great and responded with enthusiasm and looked forward to the next session.

We would like to thank all the parents (who were brave to take part), children, school staff and youth workers for their timeless support in making this project a success. Did you know? The food industry annually spends over £10.5 billion on chemicals to add to food and alter it?

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Director
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