



MASTERCHEF SUMMER 2015

Running on Wednesday evenings after the Easter Holidays was Masterchef, this club ran for 5 weeks and was aimed at primary school aged young people.

As the title suggests this club was all to do with food and eating. Firstly, the activities were aimed at those participating gaining an understanding of healthy eating and the effect the food they eat and juice they drink has on their body. There is a culture within extreme sports of drinking energy drinks and eating sugary foods to boost energy levels while skating and while this is fine in moderation it is important for these young people to understand the benefits of a balanced and healthy diet alongside an active lifestyle. To achieve this we used slideshows and videos with research showing which food goes in which food group and the nutrients and vitamins in different foods. We also looked at sugar and salt levels in different fizzy drinks and in sweets and crisps.

Next we explored different foods present around the world. For example, it was baffling to some present that in Asia rice is the staple food in a typical diet like potatoes are in Britain. They had never considered this before and it was fascinating to see their reactions as various foods

were shown that they had never seen or tasted before.

Continuing on this theme the last 2 weeks were focused around trying fruit from around the world that could be bought in the local supermarket such as mangoes, passion fruit, melons, etc. This was exciting for the young people to find new things to eat that they had never tried before with many of them studiously learning the names of the fruit so they could ask their parents to buy it for them to eat at home.

Attendances started very slowly but picked up through the club. With the participants rising week on week it shows that not only were young people attending but they were telling their friends about the club and they were coming along too. This was the first time we ran this club and the strong finish suggests that it is one we should look to run again next year.

