

The young people engaged in 6 weeks of team sports mixed with healthy food preparation workshops between 10th Jan and 14th Feb. Each week we made a different type of food which included smoothies, healthy sandwiches, apple crumble and wraps. We did a shopping trip to the local supermarket to see the variety of fruits etc, which could be part of a healthy diet.

Each week young people engaged in a different team sport to foster a healthy attitude towards exercise and develop team work skills.

The aims of this course were for the young people to –

1. learn new skills in food preparation and healthy food options
2. engage in team oriented physical activities and improve teamwork skills
3. improve self confidence by preparing healthy, quick meals for themselves and others
4. gain knowledge about where food comes from and what is involved in its preparation.



Evidence of success –

The young people

1. engaged in food preparation and were involved in every stage from planning what to buy, making healthy choices and putting the food together.
2. engaged successfully in team sports and worked together to prepare food. They were able to work successfully, share equipment and play team sports together
3. were proud of their contributions to the food making and were keen to show this off when parents came to collect them. This shows increase in confidence and self pride.
4. were involved in trips to the supermarket to collect food but we were unable to organise a trip behind the scenes. They gained insight into preparing food for themselves but would have learned more from this kind of trip. This aim was only partly achieved for this reason.