

# BEYOND THE CHARTWELLS KITCHEN



**Chartwells**  
So much more than fantastic food



# OUR PURPOSE




AT CHARTWELLS WE ARE SO MUCH MORE THAN FANTASTIC FOOD

Putting delicious, nutritious food on plates is really only the start; we go way beyond that by working as true partners with each and every school - making a valuable contribution to supporting young people's **health, wellbeing, learning, development** and **attainment**.

Blending our wealth of nutrition and culinary experience, together with a passion for helping to educate the next generation, we are proud to present **Beyond the Chartwells Kitchen**.








# WHAT IS BEYOND THE CHARTWELLS KITCHEN?

## OUR NUTRITION, HEALTH AND FOOD EDUCATION PROGRAMME

Our award-winning education programme offers a series of exciting, engaging, educational classroom workshops (in person or virtual), designed for each age group, covering all areas of food, nutrition, wellbeing, and sustainability.

Our aim is to not only **bring learning to life**, but help young people build a personal toolkit of knowledge, skills and inspiration that carries them into adulthood, and empowers them to become passionate about their own **health, wellbeing, and future** around them.



*With the education, wellbeing, physical and mental health of young people being more important than ever, and the government's drive to halve childhood obesity by 2030, we are really passionate about our **Beyond the Chartwells Kitchen** programme. Across the UK, we support and enhance young people's knowledge and skills around food, nutrition and cooking, empowering them to become passionate about their own health and wellbeing."*

Charlie Brown, Managing Director, Chartwells



# WHY IS BEYOND THE CHARTWELLS KITCHEN...



## ...BENEFICIAL TO YOUNG PEOPLE?

- ✓ Encourages **passion** around health and wellbeing
- ✓ Learning **enrichment** outside curriculum
- ✓ **Cooking** skills
- ✓ **Food** experiences
- ✓ Develops **positive eating habits**
- ✓ **Life** skills



*Educating children from the earliest age we can on the very relevant and meaningful topics of health, wellbeing and food, can be so incredibly powerful for their future ahead of them. We want young people to really LOVE food, and become passionate about what they can do to protect their physical health, their mental health and their planet. This is why Beyond the Chartwells Kitchen was created!*

Emily Robinson, Chartwells Nutritionist

## ...BENEFICIAL TO YOUR SCHOOL?

- ✓ Supports the **curriculum**
- ✓ **Enriches** learning
- ✓ **Health** and **wellbeing**
- ✓ Enhances pupils' and young people's **skill sets**
- ✓ Supports **local public health** initiatives
- ✓ Helps cultivate a positive **whole school food culture**
- ✓ Supports school **inspections** (e.g. OFSTED or Independent Schools Inspectorate)
- ✓ Positive **public relations** for parents and prospective parents

*My daughter (who is in Year 2) came home last night saying she now loves green and red peppers (having refused to eat them before)! So that is a great indication that you have been able to introduce new food to the girls. Thank you so much for your time, the girls had a wonderful day!"*

Business Manager, Rowan Prep School







# FIVE KEY THEMES

Split into **5 key themes**, with a collection of workshops within each (most around 45 minutes long), Beyond the Chartwells Kitchen is available for **all age groups** from 4-18 years old.



## NUTRITION & HEALTH

Nutrition is at the core of everything we do and teach. We want young people to understand **why** they need to fuel their bodies, and what foods and nutrients can do this. By educating on the benefits that food brings to our everyday lives, we encourage young people to take responsibility for their own **health, growth and development**.



## COOKING & FOOD

Every inch we grow, every step we take, is **powered by the food we eat**. Understanding **ingredients** and **where they come from** is the foundation of building a **positive** relationship with food. Exploring origin, cuisines, tastes, textures and flavour can help young people **cultivate a real love for food**.







## SPORTS & EXERCISE

We help young people understand how physical activity and **moving our bodies** plays a **vital role** in keeping them healthy - not only physically, but it can also benefit mental health, social development, and academic performance.



## MENTAL WELLBEING

With half of all mental health problems manifesting **by the age of 14**, and 75% by age 24, young people's mental health and wellbeing has never been so important. We help educate young people on nourishing their minds, **normalise** the conversation around this topic, and create a world where **no young person feels alone** with their mental health.



## SUSTAINABILITY

By deep diving into the crucial topic of **our planet**, we broaden young people's perspectives and challenge them to **play a part** in tackling the global issues of our time. Providing a dynamic understanding of **sustainable and environmental impacts of the food** we eat and our daily activities, empowers individuals to make educated decisions.





# THE WORKSHOPS

Key curriculum links:



PSHE



Design & Technology



Science



Physical Education



Mathematics



Geography



History



## NUTRITION & HEALTH

### HEALTHY EATING

Focussing on the importance of a **healthy, balanced diet and variety across different food groups**, we explore the nutritional power of food, and the importance of nutrients to nourish the young, growing body!

#### ACTIVITY EXAMPLE (11-18 YEARS):

Pupils will get involved in whipping up **healthy homemade snacks** - houmous, tzatziki and flatbreads, whilst thinking about the inclusion of colourful veg and ingredients packed with nutrients!

#### KEY CURRICULUM LINKS:



### ENERGY

**Our bodies and brains need energy from food to function**, much like cars need petrol to drive!

We dive into what energy is, the comparison between different foods with the same energy levels, how our bodies use it, and the importance of re-fuel through sleep and breakfast.

#### ACTIVITY EXAMPLE:

Pupils get hands on with making their own breakfast pots or energy bars, thinking about the use of **ingredients with nutrients beneficial for health** and long-lasting energy levels!

#### KEY CURRICULUM LINKS:





## LOVE YOUR GUT

Gut health, albeit a new topic, is a very important one for all age groups! Here we explore the topics of digestion, friendly gut bacteria, what it does and how we protect it, the fascinating links between our gut and brain, and how to stay healthy from the inside out!

### ACTIVITY EXAMPLE:

Fermentation is one of the oldest, most affordable food technologies used all over the world to preserve food. It creates some of the best foods for our gut. This activity will get pupils taste buds tingling as they identify and make some gut boosting fermented foods, which is then used to make a delicious 'grateful gut salad'!

### KEY CURRICULUM LINKS:



## SUGAR SAVVY

Is the sugar in a banana and a bar of chocolate the same? Here, we explore the science behind sugar, the difference between natural and 'free' sugars, importance of dental health and much more!

### ACTIVITY EXAMPLE:

Do we need sugar to sweeten snacks? Pupils learn how to use more nutritious ingredients to curb their sweetness craving! *Chocolate houmous, anyone?*

### KEY CURRICULUM LINKS:



## ALLERGIES & INTOLERANCES

Designed to help pupils understand the difference between allergies and intolerances, where allergens are in food, and how important it is to think and act carefully if they have friends or family with one!

### ACTIVITY EXAMPLE:

Ever thought about 'come dine with me' for allergy sufferers? Pupils will take part in a science experiment showing the effect of cross-contamination, before creating a menu in groups for a 'guest' with allergies!

### KEY CURRICULUM LINKS:



\*Nutritionist only







# COOKING & FOOD

## WHERE FOOD COMES FROM

According to research conducted with 27,500 children in the UK, apparently cheese comes from plants, pasta comes from animals and fish fingers are made from chicken?! Understanding where our food and drinks originate from is a crucial part of learning from a young age and we are here to help!

### ACTIVITY EXAMPLE:

Taking learnings from 'where food comes from', pupils will take part in an **exciting, competitive** team relay, in the race to returning foods into the correct origin groups of farm, sea, animal or plant!

### KEY CURRICULUM LINKS:



## WORLD FOOD

Why are different foods eaten around the world – is it climate, history, tradition or culture?

Here we encourage pupils to learn and celebrate our global nation and the food cultures that have enriched our lives, with many of our favourite foods and distinct flavours!

### ACTIVITY EXAMPLE:

Travel around the world in an hour? Welcome aboard **Chartwells Airlines!** We take pupils on a journey to experience global food cultures and get hands on with the smells and flavours from different countries!

### KEY CURRICULUM LINKS:



## THE 5 SENSES

We use our senses in everything we do, but how often do we think about them? Here we take pupils through detail of the 5 senses of sight, touch, smell, hear and taste

### ACTIVITY EXAMPLE:

Have you ever tried to guess a food by just hearing how it sounds when people eat it; or identify a flavour only through smell? Have you ever tricked your brain and taste buds into thinking a food is completely different, because the colour has changed? The pupils are going to love this one!

### KEY CURRICULUM LINKS:





# COOKING FOR LIFE

Learning to cook and feed ourselves delicious, nutritious and well-balanced foods, is truly a life skill that we should encourage children to learn from a young age! From helping to develop reading and counting ability, to practicing fine motor skills, to exposing children to different smells, flavours and textures – learning to cook for life, and with the right foods for health, is invaluable!

## ACTIVITY EXAMPLE:

Using basic but valuable recipes, we bring the foundations of the Eatwell Guide to life through our exciting cooking demonstration and class!

From picking and prepping raw ingredients, learning chopping skills, through to thinking about the food groups of the dish, we want to inspire pupils to feel excited about their own culinary journey through life!

## KEY CURRICULUM LINKS:



*\*Subject to Chef availability, and school facilities/space*

# CHARTWELLS COOK OFF

## THE BIG ONE!

In collaboration with our 'Beyond the Chartwells Kitchen' chefs, two teams of students will compete against the clock, in front of an audience of their peers, to create the best, healthy dish they can from mystery ingredients!

The 'cook-off' allows students to experience food in a fun, positive way, getting them excited about healthy choices and providing them with hands-on cooking, skill-learning experience.



## KEY CURRICULUM LINKS:



*\*BTCK Chef only  
\*\*Bookings can only be made with 100 students minimum  
\*\*\*Subject to Chef availability, and school facilities/space*



# COOKERY MASTERCLASS

From the basics of bread making, to the high level of butchery, our 'Beyond the Chartwells Kitchen' chefs are on hand to host a range of masterclasses to students as part of their food technology classes!

## ACTIVITY EXAMPLE:

Masterclasses to choose from: Bread, pasta, fish, butchery, baking, canapes or food presentation skills.

## KEY CURRICULUM LINKS:



*\*BTCK Chef only  
\*\*Subject to Chef availability, and school facilities/space*

# MOLECULAR GASTRONOMY

What on earth is 'Molecular Gastronomy' you ask? It's the application of the scientific method of food preparation. In simple terms, the idea behind molecular gastronomy is to determine what happens when food cooks, how its physical and chemical properties change, how different methods modify its taste, smell and texture.



This workshop is incredibly fun for pupils to take part in, and helps them learn more about food and science in a weird and wonderful way!

## ACTIVITY EXAMPLE:

From making edible lemon foam, to little balls of herby jelly - this really is an experience the pupils won't want to miss!

## KEY CURRICULUM LINKS:



*\*BTCK Chef only  
\*\*Age 11+ only*







# MENTAL WELLBEING



## MY YOUNG MIND

Learning how to make yourself and others feel good inside and out is an important part of taking care of your wellbeing; however mental health is often overlooked or goes unnoticed.

By understanding the foundations of mental health, emotions and stress, we want to help empower young people to feel confident to talk about this subject, give them a powerful voice and channel what makes them and people around them happy!

### ACTIVITY EXAMPLE:

We get pupils to practice mindfulness breathing exercises, or take part in our stress bucket activity, or gratitude journal - all of which can really help young people feel a sense of calm and happiness.

### KEY CURRICULUM LINKS:



*\*Nutritionist only*

## THOUGHT FOR FOOD

Having a positive relationship with food, without judgement to yourself or others, really is important for our overall wellbeing! Here we explore this, alongside how food makes us feel, our hunger and fullness cues, fuelling our bodies correctly and for older pupils - the diet cycle and ups and downs of social media.

### ACTIVITY EXAMPLE:

How often do we regularly think about our hunger and fullness cues, or our nutritional needs, before we pick up and snack or eat a meal? We task pupils here with really focussing on how they are feeling, what their bodies might need more of at that point in time, and what makes them happy, before making a snack to reflect this!

### KEY CURRICULUM LINKS:



*\*Nutritionist only*







# SPORTS & EXERCISE



## TIME TO MOVE

Not only is it important to **encourage** and **inspire** young people to keep themselves active, fit and healthy, but to also teach them about:

- **WHAT** types of exercise we should be doing and how often
- **WHY** it's important to be active
- **HOW** it (alongside good nutrition and hydration) supports our physical and mental health!

### ACTIVITY EXAMPLE:

Food is the fuel that allows our body to move – so we need to understand what the right fuel is! We want the pupils to have a go at making a pre or post exercise snack from scratch, thinking about the nutrients their body might need most!

### KEY CURRICULUM LINKS:



## SPORTS NUTRITION AND PERFORMANCE PROGRAMME (SNAPP)

### What do you mean it's not all about the protein?

A popular question from many young athletes! We know there is a clear and strong relationship between nutrition and sports participation and performance. So, SNAPP aims to provide both the theoretical and practical knowledge of nutrition and exercise, delivered in a meaningful format to develop the capability, motivation and opportunity for young athletes to eat for success in terms of their health, development and sport performance.

- This 3-module programme is designed for State Secondary School, Independent School and
- University/College sports students or teams.

### ACTIVITY EXAMPLE:

Designed to be informative and interactive, each workshop provides the opportunity to learn and apply! Depending on the topic, we get students to take part in a practical element, from making their own sports drinks, to writing a fuel plan for their sport of choice!

### KEY CURRICULUM LINKS:



\*Nutritionist only







# SUSTAINABILITY



## FOOD WASTE

Did you know over 2 million tonnes of food that goes in the bin each year in the UK is still edible? Globally, we waste  $\frac{1}{3}$  of all food produced which is responsible for 8% of all greenhouse gas emissions.

We want to invite pupils to join us on a mission to help fight food waste! With a deeper understanding, **small practical changes** and **better habits** in school and at home, we can help to make a difference and shift towards supporting our planet, instead of harming it.

### ACTIVITY EXAMPLE:

**Why throw away food just because you didn't use it all the evening before?** We want to inspire pupils to love their leftovers, get their thinking caps on and be creative in the kitchen with leftover veg, veg peelings, or even veg stubs, instead of thinking the only answer is the bin!

### KEY CURRICULUM LINKS:



## EATING SUSTAINABLY

We hear that we need to eat better to save the planet – but how do we do this? We take pupils on a journey of what a 'sustainable' diet means, seasonality, what impact food has on the planet, and what small changes they could think about and make to help reduce their environmental impact, whilst improving their health and future around them!

### ACTIVITY EXAMPLE:

**Plant-based eating is super fun and delicious!**

Pupils may have eaten or heard of chickpeas before, but do they know how versatile they are? We split pupils into teams to get hands on and creative with chickpeas recipes 3-ways!

### KEY CURRICULUM LINKS:







## OUR PLANET

More than ever, we are hearing about carbon emissions, carbon footprint, plastic use and greenhouse gases – and this is all very new to grown-ups, let alone young people!

By having an understanding what these things are, how they worsen, and how we can help to improve them, our younger generation can play a huge part in starting to make a positive difference.

### ACTIVITY EXAMPLE:

Ever wondered what your own carbon footprint is? We are going to get the pupils to do exactly this using a clever online tool, followed by making their very own **Our Planet Pledges!**

### KEY CURRICULUM LINKS:





# OUR TEAM OF EXPERTS



REGISTERED NUTRITIONISTS



SPORTS NUTRITIONISTS



CHEFS



BTCK AMBASSADORS

# THE PEOPLE WE WORK WITH



Too Good To Go



DAME KELLY HOLMES TRUST



N  
NORLAND



VEGPOWER





# HOW MUCH DOES IT COST? IT'S **FREE!**

## HOW DO I BOOK?

If you are interested in booking some of our workshops...

**1**

Contact your Chartwells representative

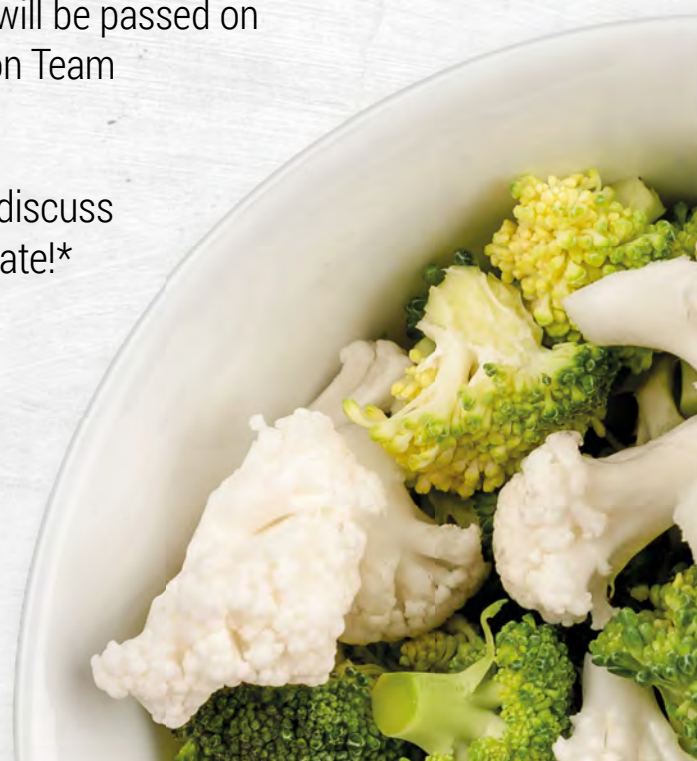
**2**

Your request will be passed on to the Nutrition Team

**3**

We will be in touch to discuss further and secure a date!\*

*\*All workshop bookings are subject to availability of the team.*







# Chartwells

So much more than fantastic food