

CASE STUDY - INCREASE IN UPTAKE OF 5 A-DAY

NAME OF SCHOOL

TWO MOORS PRIMARY SCHOOL, TIVERTON

HEALTH THEME

MAINTAINING A HEALTHY WEIGHT THROUGH THE PROMOTION OF HEALTHY EATING & PHYSICAL ACTIVITY



SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS

- Monitoring whole school but with particular focus on Years 1 and 5
- Activities to build upon the children's experience of the free fruit scheme – making fruit salad, fruit smoothies etc
- Promoting the importance of fruit and vegetables to parents through newsletters and special events such as KS1 Fruit Kebab Day
- All children in Year 5 have access to the cooking programme 'Kids Kitchen' during curriculum time. Programme of practical skills based sessions throughout the academic year, led by professional chef. Only vegetable dishes cooked – no cakes/desserts or meat dishes
- Influence of the Chef extended to enable him to work with different age groups catering for school events. Children cooked using fresh local ingredients for the Family Evening, School Fete, Year 6 Leavers Barbeque.
- Setting up a Kitchen Garden – selling produce to parents as well as being used by the school kitchen
- Raised beds built for Foundation Stage children to grow crops
- TA's trained and introduce the Let's Get Cooking after school club
- Cookery competitions organised
- Children involved in making compost using waste from fruit/vegetable snacktimes

- Children took part in cookery demonstrations at the local market as part of the TivvyFest
- Regular press coverage to promote the variety of work the school has undertaken around healthy eating
- Contact made with local businesses to support food projects e.g. Tiverton Agricultural Trust donated tons of top soil for the Foundation Stage gardens

EVIDENCE OF IMPACT

- Original 50% target of children eating 3-4 portions of fruit/vegetables a day significantly exceeded [to 73% original Year 1 and 97% original Year 5]
- Parents and children have commented just how positive the practical cookery sessions have enabled them to enhance their mealtime experiences at home
- The increase in garden facilities has enabled more children to become involved in growing activities, and to do so more easily and frequently
- More families are creating their own small vegetable/raised beds at home
- The Kitchen Garden sales are booming and it has gained Award winning status, including best school garden in the south west
- The Year 6 Leaver's Barbeque was very successful – the children also created a recipe book of all the dishes they had made in the Kids Kitchen programme and sold it at this event. The funds subsidised the cost of the event for the children and their families

REFLECTIONS FROM THE SCHOOL

Grow more Peas!! – the magic of popping peapods and eating sweet fresh peas was the highlight of every child – none ever reached the cooking pot. The magic of pulling carrots and potatoes has got to be one of the most formative experiences for children. The proof of the pudding is in the eating and the proof of the gardening is in the growing... the energy and enthusiasm for this Intervention is literally rising before our eyes!

Other successful Interventions

- Increasing physical activity – increasing the number of boys swimming confidently
- Increasing physical activity – of the least active children

For further information regarding this intervention, please contact -

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