



CookED Information Session Ideas

Organic vs. Regular vs. Slow vs. GMO vs. supermarket - *"fact vs. fiction"*

There is so much in the media these days about different types of food. Should we be buying organic? Are supermarket fruit & vegies ok? What is slow food? How do I know if it's GMO? Decisions, decisions. These questions and more will be answered in this presentation designed to bust some myths and give you the facts or at least, some information.

What's in the box? - *"ensuring a nutritious and exciting lunchbox everytime!"*

In this workshop we investigate some of the common foods found in children's lunchboxes. What's in them? How do they work in the body? Are they healthy? What are some better supermarket alternatives? We also look at some quick, simple & nutritious recipes that you can make yourself saving money and ensuring nutrition.

Feeding Frenzy - *"develop positive relationships with food in your family"*

This presentation provides you with some practical and simple strategies to help you nurture and develop positive eating habits and food relationships for your children. It includes some tricks to help get them to eat their dinner (and their fruit & vegies!), suggestions on how to make nutritious meals interesting and yummy, recipes to cook with your kids while teaching them about food and lots more.

Plan, Shop, Prepare, Save - *"become a kitchen god or goddess...ta da!"*

A session filled with practical, realistic and tested tips and tricks you can use to get your kitchen, eating, shopping & cooking organised and under control. Filled with menu ideas, budget friendly recipes and more, it will help you save time and money and ensure you are getting maximum nutrition from your meals.

Teacher Tricks - *"integrating cooking into the classroom"*

This session provides teachers with tips, tricks and tactics to help them integrate cooking into their classrooms. Many teachers feel that cooking with children equals mess, chaos and stress but this doesn't have to be the case. Teachers will be provided with lesson plans that can be used in their classrooms to help engage students whilst meeting learning outcomes in literacy, mathematics and social and personal development. For those teacher's lucky enough to have access to a school garden we can provide a range of lessons to make the most of your own produce on a seasonal basis. This is a useful and practical professional development session that can be held during a staff meeting or as part of a student free day program.