

PRESS RELEASE
FOR IMMEDIATE USE
17/11/2016



Children from Parkside School have a tasty time!

Educational charity The Country Trust teams up with local Head Chef to teach children how to cook tasty seasonal salads.

Parkside School, Norwich was filled with the fantastic smells of cooking when a group of 11 children had their first Food Discovery cookery session with national education charity The Country Trust. The children, aged between 12 and 15 years and all with special needs, have been having weekly Food Discovery sessions since September, learning how to plant and grow their own vegetables. This week was the first time their session taught them how to prepare and cook food and all the children loved it.

The session was made even more exciting because the children were joined by Head Chef of Andover House Hotel, Great Yarmouth, Dave Nash and his apprentice Jake Herbert. Dave, who has been a professional chef for 18 years, told the children about his career and what it is like working in a busy hotel kitchen. He then showed the children how to make three delicious salads, each made with seasonal ingredients including butternut squash, carrots, beetroot and celeriac. All the salads had a dressing made with a different citrus fruit and tasted delicious. One child declared, *"the butternut squash salad is the best thing I've ever tasted!"*. Dave, who has four children of his own, thinks it's particularly important to encourage children to learn about cooking and says *"who knows, maybe through a session like this, one of these children may become a future chef, or work in the food business when they are older"*.

Sara Dunseath, who teaches the Land Management course at Parkside School said *"The Country Trust's Food Discovery programme has been brilliant and has made a big impact on the behaviour of some of the children already. They love learning practical things, using different cooking and gardening implements and taking responsibility for growing vegetables such as broad beans, garlic, leeks and broccoli in the school garden."* Sara was very keen that the children taste different food and try things they might not normally have at home and was very pleased by the positive reactions of the children.

The yearlong Food Discovery programme at Parkside School is run by County Trust Food Discovery Coordinator, Rosalind Bacon. She has been enjoying working with the children and found their enthusiasm to learn and engage with all aspects of the programme fantastic. Rosalind says *"The Country Trust teach disadvantaged children how to grow vegetables and herbs, cook healthy meals and to understand where food comes from, whether their disadvantage is through poverty or disability. Sessions like ours make growing, cooking and healthy eating accessible for all children, giving them the inspiration and confidence to make better choices about the food they eat."*

If you would like to know more about the work of The Country Trust or become a supporter, please go to www.countrytrust.org.uk

-Ends-

Editors' notes

School: The Parkside School, College Road, Norwich, Norfolk, NR2 3JA
Tel: 01603 441126 or 01603 441127

Executive Head: Mr Barry Payne
Head of School: Mrs Susan Booth

For more information, please contact Phil Hesmondhalgh on phesmondhalgh@countrytrust.org.uk or call 01245 608363

About The Country Trust

- Founded in 1978, The Country Trust is the leading national educational charity that brings the working countryside alive for those children least able to access it, whether through disadvantage or disability. Every year we support hundreds of volunteer farmers and landowners to welcome thousands of disadvantaged children from all backgrounds and faiths onto their farms.
- The Country Trust has 3 main strands of activities:
 1. Farm Discovery - day visits to real working farms
 2. Countryside Discovery - residential visits to the countryside
 3. Food Discovery - yearlong programmes exploring every aspect of growing, cooking and even selling food
- The Country Trust focuses on working with the following:
 - Primary age children from schools with an above average percentage of children eligible for Free School Meals
 - Schools catering for children with Special Educational Needs and Disabilities
 - Looked After Children and Pupil Referral Units
- In 2015 The Country Trust enabled
 - 17,961 children to go on a farm or estate visit
 - 6,600 children took part in farm led assemblies and food and farming workshops
 - 860 children took part in Food Discovery Programmes
 - 883 children went on 29 Residential visits
 - 415 children with Special Educational Needs took part in Countryside Adventure days in Hampshire.
- The Country Trust currently works with schools in and around London, Essex, East Anglia, Hampshire, Birmingham and the East and West Midlands, Yorkshire, the North West, North Wales and Northumberland.

What we do

- We make it easy and safe for children to visit farms and for farmers to share their knowledge and passion.
- We bring urban and rural communities together, increasing communication, respect and understanding of the countryside as a place of possibilities but also a place on which livelihoods depend.
- We facilitate children's cultural understanding about the life and work of the British countryside through visits and talking with those who live and work there.
- We enable children to experience the wonder of the countryside:- open space, breathing space, the people who live and work there, habitats, farm animals and wildlife.
- We enable children to understand the possibilities of food, what a variety there is, why and how it grows, who grows it and where, what it tastes like, why all this matters.
- We introduce adult role models who nurture and take responsibility for crops and animals. People who often work in strong family units.
- We bring two interdependent but disconnected communities together for a stronger future. Our school community includes many urban children and a significant number of children from ethnic minorities.
- We can help schools to meet the new Ofsted common inspection framework which now includes a judgement on 'personal development, behaviour and welfare'. Ofsted states that the first-hand experiences of learning outside the classroom can help to make subjects more vivid and interesting for pupils and enhance their understanding. It can also contribute significantly to pupils' personal, social and emotional development.

Chief Executive: Jill Attenborough
Head Office: Moulsham Mill, Parkway, Chelmsford, Essex, CM2 7PX
E-Mail: info@countrytrust.org.uk
Web: www.countrytrust.org.uk