

ACADEMY OF CULINARY ARTS

Chefs Adopt a School



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ACADEMY OF CULINARY ARTS

Leading the hospitality profession by example, shaping its future through education...



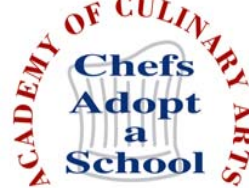
- Britain's leading professional association of Head Chefs, Pastry Chefs, Restaurant Managers and Suppliers.



- Main focus: Education and training the new generation of young industry people.

- Members include: Brian Turner CBE, Rick Stein OBE, Ken Hom, Raymond Blanc, Michel and Albert Roux OBE, Heston Blumenthal and John Williams (The Ritz).

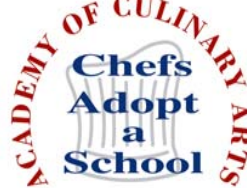




WHAT IS CHEFS ADOPT A SCHOOL?

- Charity started in 1990.
- Chefs visit schools nationwide to teach children about food, food provenance, healthy eating, nutrition, cooking and health and safety.
- The focus is on primary schools but secondary schools are not excluded from the programme.
- Many Special Educational Needs schools and Princes Trust XL clubs participate.





WHO ARE WE?

- Chairman: Michael Coaker, Senior Lecturer, TVU.
- Executive Chef: Idris Caldora
- Team of five chefs in five regions of England: South West; East Anglia; West Midlands; Birmingham City; North West.
- Within the next few years we hope to have a CAAS chef/teacher to cover every region of the country.
- Trustees: Brian J. Turner CBE, Richard Shepherd CBE, Sara Jayne Stanes, Sam Gordon-Clark.

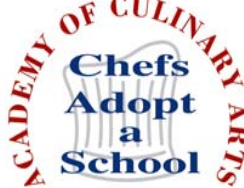




SCHOOLS

- Today there are over 300 schools on the database and about 300 on the waiting list.
- Every year we reach between 12-15000 children across the country.

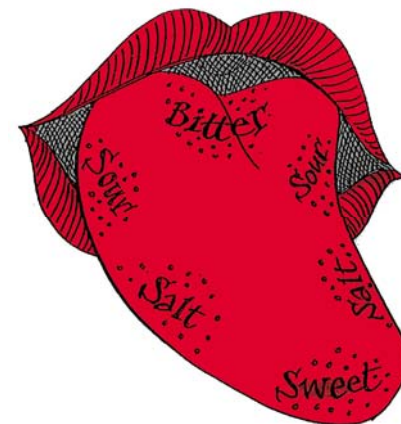




MAIN AIMS OF CHEFS ADOPT A SCHOOL

- To introduce children to ‘real’ food by teaching them how to ‘taste’ and appreciate the pleasure of eating through the five senses and the four tastes.

- To develop their knowledge of food and where it comes from, while understanding the diversity of foods eaten by different people for cultural and medical reasons.





HOW TO DO IT – BASIC GUIDELINES

- Chef's introduction to the children: the role of a chef; why we need food; why it's important to eat a healthy, balanced diet.
- Use an item of food (eg. baguette) to identify the five senses: Sight, Sound, Touch, Smell and Taste





HOW TO DO IT – BASIC GUIDELINES CONT'D

- Identify the four tastes on the tongue eg. bitter for chicory; salt for crackers; sour for lemons; sweet for jam.
- Use coloured jellies to explore perceptions of taste.
- Use a blindfold to test the children's ability to identify different fruits and vegetables

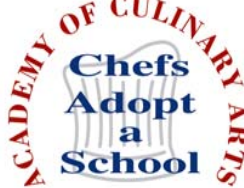




FURTHER SESSIONS

- Children are invited to chef's establishment for lunch eaten around a dining table and wherever possible, some simple cookery lessons
- Demonstrate where the ingredients come from and how they are grown/produced.
- Establish with the teacher what is currently on the curriculum as this is an opportunity to connect food with other subjects.





HEALTHY EATING FOR CHILDREN



- Healthy food can be fun and adventurous- Children can experiment with tastes and food all the time.
- Children should try and eat five portions of fruit and vegetables a day – if possible, locally produced and organic.



THE FUTURE



- FEAST - Food Education At Schools Today – Food education on the curriculum for 5 year olds and upwards.

- Cooking is a basic skill that young people are no longer acquiring at home or at school.

- The health of the nation can be addressed by good nutrition.

- Food holds communities together. If children learnt from an early age about the food chain, from farm to plate, this would lead to the next generation of better informed people able to cook and therefore a better society both in terms of health, behaviour and social welfare.

