

Aims and Learning Outcomes

Aims of our workshops:

- To transform attitudes towards Healthy Eating.
- To make nourishing foods FUN!
- To help pupils understand why eating colourful, plant foods is vital for health.
- To encourage pupils to be brave and try unfamiliar foods.
- To empower children with the knowledge of their gut microbiome and how this impacts their physical and mental health.



Learning Outcomes:

- Explain why eating the rainbow is important.
- Identify a wide variety of fruits and vegetables, herbs.
- Explain what constitutes a healthy diet.

Knowledge:

- Explain why eating the rainbow is important.
- Identify a wide variety of fruits and vegetables, herbs.
- By the end of the session, pupils will be able to:
 - Identify a range of fruit and vegetables that they may not have been exposed to before.
 - Understand why eating a plant powered diet is vital for health.
 - Understand basic knife skills.
 - Grape safety – understand why grapes are a choking hazard and how to prepare them safely.
 - Expressed their creativity by creating their own piece of edible art.
- Explain what constitutes a healthy diet.

PURPOSE STATEMENTS OF THE INCREDIBLE EDIBLE PROJECT:

- To have clear, measurable learning outcomes.
- To deliver Healthy Eating content that is age specific.
- Use positive reinforcement to maximise learning impact.
- To ensure the session is based on current scientific understanding.
- To support the session with follow on materials.
- To evaluate and assess learning outcomes with data collected from pupil and teacher surveys.