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WELCOME TO YOUR
PHUNKYFOODS NEWSLETTER



March 2024

Welcome back to the second half of the spring term! With those longest days of the year already behind us, and January and February done and dusted, the year is rapidly gaining momentum.

We hope you all had a great half term with time to recharge those batteries, and possibly time for some creative cooking, particularly on Pancake Day!

We are delighted to announce we have now fully launched our Food and Farming for Health scheme of work. This went live last week and can be located under the Members menu, entitled '[Food and Farming for Health](#)'.

Schemes available include: **Food from Start to Finish | Life Cycles | Food Around the World | Food and The Human Body | Chemistry in the Kitchen | Sustainable Food.**

For Key Stages 1 and 2 these varied, cross-curricular lessons of work cover key areas of PSHE, along with elements from either the science or geography curriculum or both. For the early years, there is a focus on learning from the personal, social and emotional development and understanding the world areas in the curriculum.

These fun activities also incorporate skills from the other areas of leaning and development. Hands-on food preparation also form an important part of the schemes of work and the online resources and worksheets that are required to deliver the lessons, are included.

Assemblies and Workshops

We have three pillars of healthy living - PhunkyFood for healthy eating, PhunkyFit, for physical activity, and PhunkyMinds, for emotional wellbeing. Our Whole School Activities fall into these three areas, and are designed to be delivered to the whole school via an assembly, followed by a pupil workshop, suitable for all key stages. We also have parent workshops so the messages can be reinforced at home too. Scroll down to find more on Feelings, Anti-Bullying, Resilience, Healthy Relationships, Bag a Breakfast, Eatwell, Serve for 5, Get Active, A Healthy Lunch, Top Teeth and Drain Our Drinks.

PhunkyFood



PhunkyMinds



PhunkyFit



Phunky Food Awareness



Other new resources ...

If you've not had the opportunity already, do check out our new pupil and parent workshops along with the leaflet resources that were produced last term on **Food labels and Packaging**, **Reluctant Eaters** and **Budget bites**.

In addition to these, you can now also find resources on the topic of **Plant Power!** There are workshops outlines (both pupil and parent) and parent leaflet available.

You can find all of these in the member login area under '**Assemblies & Workshops**'.

Not a member yet but want to find out more?

Explore our sample member content area of the website to view some of the content our member schools have access to. If you would like to join PhunkyFoods or would like to find out more then please contact us.

As well as over 400 curriculum linked lesson plans, we have brand new Assemblies, Pupil Workshops, Parent Workshops, Topic Based Ideas, An Early Years Curriculum, the Phunky15 and a range of Phunky Clubs.

We hope you find these newsletters useful as we move throughout the school year. Please do give us feedback - tell us what you want to hear more (or less) of and do encourage colleagues to sign up too if you find it useful. There's a link to sign up on our website, or your colleagues can simply email us at help@phunkyfoods.com



The PhunkyFoods Programme

CASE STUDY: Handcross Primary School, Crawley

In partnership with



During the Autumn term 2023, Handcross Primary School in West Sussex worked on a 'Healthy Me' topic across Key Stage 1. Caroline Cotton, PhunkyFoods local support worker for the Crawley area, spent two days with the school supporting this topic work, delivering workshops for both the children and their parents.

Caroline worked with Year 1 and Year 2 across two consecutive days, firstly delivering a talk to the children on the Eatwell Guide and how it can be used to make healthier food choices. Caroline then led practical sessions for the children and their parents, giving

"It was a great experience!" – Rosa

"I learnt how to grate cheese - I loved it." – Rosie

"My wrap was really tasty. I'd never tried tomatoes or lettuce before, but I really liked them!" – Rowan

"This was so fun!" – Ivy

everyone the opportunity to make the PhunkyFoods 'Fun on the Farm Wraps'. This simple food preparation activity offered so much learning to young children and presented a fantastic opportunity for them to try foods they may not have tried before – in particular, fresh vegetables. They learnt how to use the bridge and claw method to cut their choice of vegetables and practiced skills such as grating to prepare other ingredients for their wraps. At the end of the session, each child was able to enjoy their creation for lunch and join in a discussion with Caroline about how the recipe fitted in to the Eatwell Guide and provided them with a healthy, balanced meal.

"I really liked the carrot - it was very sweet!" – Molly

"Caroline is wonderful with the children - very calm, engaging and clear about safety and nutrition! The children had a great time and learnt loads - thank you." - Sophie (Teacher)



Recipe Spotlight

With Spring just around the corner this fresh and vibrant Salmon and Broccoli pasta dish is perfect!

A great quick and easy recipe can provide a delicious meal idea for a busy after school dinner for the whole family – taking just 30mins to prep and cook.

Using the handy store cupboard item of tinned Salmon can speed up the dish prep time even further!

Salmon (canned or fresh) is an excellent source of protein, as well as a range of vitamins and minerals. It is an oily fish and so contains high levels of omega-3 fatty acids. These are healthy fats and are very good for our bodies. Scientists recommend eating at



least 2 portions of fish each week; one of which should be oily fish.

Pasta is a good source of complex carbohydrates which gives us energy. Wholemeal pasta contains more fibre so a great way to boost our vital fibre intake.

This dish, along with many other recipes are available via the [NHS Better Health website](#).

NHS Better Health – Healthier Families, (previously known as Change4Life) brings together all the NHS's tips, tools and apps in one place to help families make small, simple changes to kickstart and improve health across a full range of activities.

Tools include a fun smartphone app to find healthier food swaps, easy recipes for busy midweek meals, simple snack ideas and Disney-inspired play-along games to keep the kids moving. [Healthier Families - Home - NHS \(www.nhs.uk\)](#)



The PhunkyFoods Programme

CASE STUDY: Partnership working with York School Sports

In partnership with



Throughout the Autumn term 2023 PhunkyFoods has continued to work in conjunction with the York School Sport Partnership. The Sports Partnership works with over 30 schools to improve physical activity and well-being of young people. After running a pupil survey with 5,500 primary children, 8% of pupils who completed the survey didn't know what a balanced diet was. Working with Phunky Foods we have been able to target these schools to have the greatest impact.

Hannah, from PhunkyFoods, has been into seven York primary schools and delivered assemblies and workshops about healthy lifestyles and healthy eating.



The sessions started with a whole school assembly highlighting the importance of consuming five portions of fruit and vegetables a day, exploring the Eatwell guide and looking at what a portion size is. This was delivered in an interactive way with lots of enjoyable games and audience participation.

Two classes per school then received a practical food preparation workshop where they made the PhunkyFoods favourite, Supercrunch. Children explored the Eatwell guide further and placed ingredients for their Supercrunch in the correct sections on the Eatwell guide. They also developed their cutting skills using the claw and bridge technique. Feedback from the children was that they thoroughly enjoyed the session and a vast majority of them had tried something new. By the end of most sessions tinned peaches were a firm favourite!

“The feedback has been outstanding, and the quality of the programmes is evident in the number of schools who take up this offer every year. A big thanks to Hannah and Phunky Foods for making such a big difference.” Kev Davies, York School Sports Partnership.

“It has shown me that food preparation can take place with a whole class and has given me confidence to give it a go” Forest of Galtres Teacher

“The assembly was appreciated by all. Even the teachers learnt something this morning!” Clifton Green Teacher

“One child has even made her own (Supercrunch) today for breakfast. The children are asking to make it again and we think it really helped one of our SEN children and are thinking of making them daily with them.”

The partnership working with York School Sports continues to go from strength to strength and PhunkyFoods looks forward to continuing to work with them throughout 2024.

New recipes this term ...

There are a few more recipes that have made their way to the website in the last few weeks...

[Tuna & Potato Salad](#) | [Egyptian Salata Baladi](#) | [Ugandan Rolex](#)



Don't forget if there is a particular topic, dish or ingredient that you are looking for further information and resources around then the **SEARCH** function on the Member page can bring up a whole array of resources relating to a key word in a click!

If you are still struggling to find what you are looking for, please contact your local Engagement and Development Coordinator (EDC) for your area and they can help support too!

Event Focus

Holi (8th March)- Holi is a spring festival celebrated in February or March, depending on the Hindu lunar calendar. The festival celebrates the victory of good over evil, the arrival of spring, end of winter, and for many it's a festive day to meet others, play and laugh, forget and forgive. Everyone is considered equal during Holi, regardless of class, age and gender.

British Science Week (8-17th March)- This year is the 30th anniversary of British Science Week! A ten-day celebration of science, technology, engineering and maths. Their website contains activity packs and guides for Early Years, Primary and Secondary school aged children.

Nutrition & Hydration Week (11-17th March) The highlight of Nutrition and Hydration Week is the Global Tea Party which takes place on Wednesday 13th March. Schools and Communities are invited to take part by holding their own tea parties. Why not get creative with Fruit infused water, Smoothie making and if you want further inspiration around hydration take look at our great resources on [Drain Your Drinks](#)

Food Waste Action Week (18-24th March) The theme for the fourth annual Food Waste Action Week is 'Choose what you'll use' and the campaign is a week of action which highlighting the benefits of buying loose fruit and vegetables and inspiring people to do this wherever they can. 4.7 million tonnes of edible food is thrown away each year by UK households. Shockingly, 25% of this wasted food is a result of people cooking, preparing, or serving too much - this costs UK households £4.9 billion each year. Buying loose reduces food waste - WRAP research has shown that if all apples, bananas and potatoes were sold loose, we could save 60,000 tonnes of food waste by enabling people to buy closer to their needs!

World Water Day (22nd March) World Water Day is a UN-led event that highlights the importance of freshwater and the global water crisis. Learn about the themes, history and

activities of World Water Day, and how to support the Sustainable Development Goal of water and sanitation for all by 2030.

Easter (29th April-3rd April) Easter is the most important festival in the Christian calendar and is celebrated by thousands of people all over the world marking Jesus rising from the dead, after being crucified on a wooden cross. It is celebrated on the first Sunday after full moon on or after 21 March.

Eggs represent new life - which is why the symbol is used to mark the occasion upon which Jesus rose from the dead. Traditionally, chicken eggs would be hard boiled and then painted and decorated. Nowadays, it's much more common to get given chocolate ones wrapped in foils, or even find them on an Easter egg hunt!

Easter can be celebrated in many different ways across the world... a couple of interesting ones for you...

In a small town in southern France, there is a tradition along the egg theme, whereby residents share an omelette made of over 15,000 eggs!

And on the Greek island of Corfu, on Easter Saturday clay pots are thrown out the window!



Why not try making our a delicious [Hot Cross Scone](#) recipe? NAvailable for all on the open access area of our website.

Social Media

We love to see all the work that goes on in our PhunkyFoods Schools, so please continue sharing what you do and tagging us @PhunkyFoods on Facebook, Twitter (X) and Instagram.

Our latest blog highlights a project in one of our schools in North Yorkshire. Coppice Valley school was successful in gaining funding from a local contact to allow the purchase of 10 Slow cookers for families within school and the ingredients to make their first 2 meals in their new Slow cookers. PhunkyFoods worked with the school to deliver 2 workshops around Budget meals along with essential food safety and prep skills, read more at: www.phunkyfoods.co.uk/blog/.



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