



Good Food Nation – Parent and child cookery workshops.

What was your aim?

1. To provide a rich learning environment for parental engagement to take place.
2. To promote positive attitudes towards healthy choices.
3. To increase positive parent and child relationships with regard to food preparation and social eating.

Method



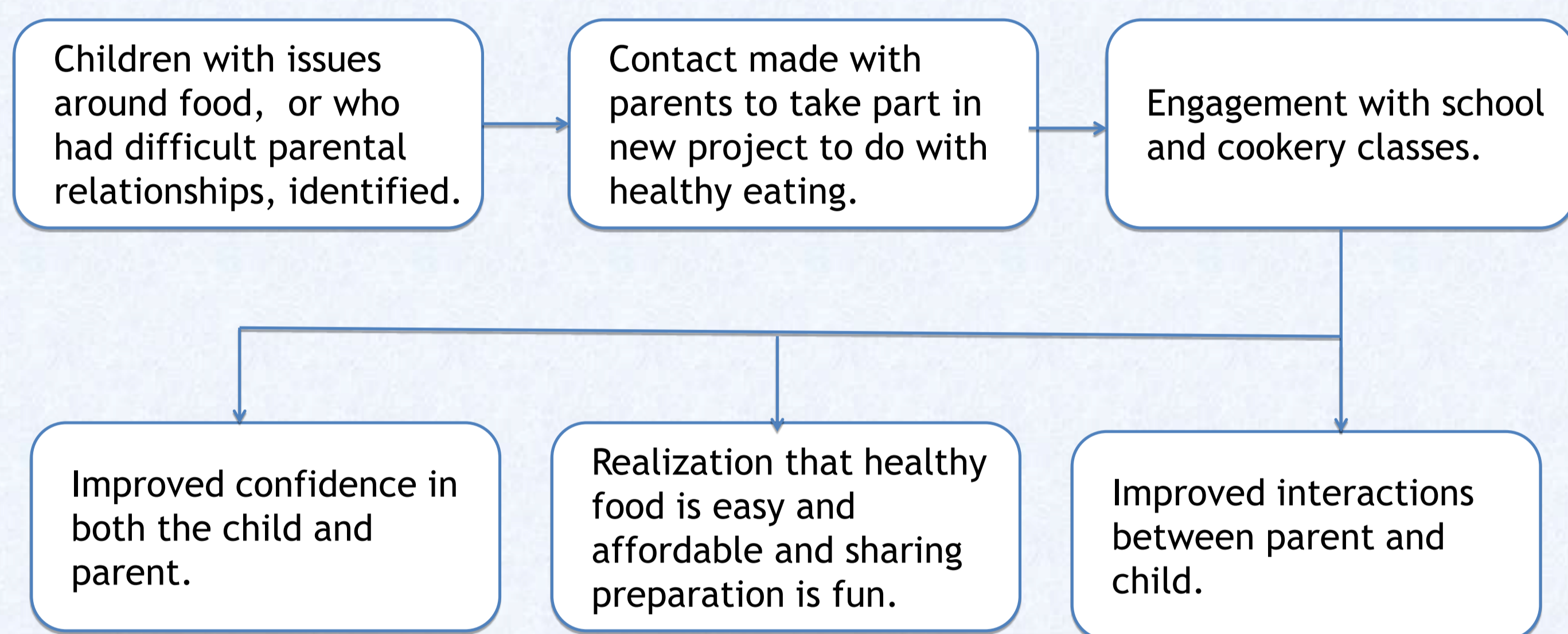
We used the school tracking system to identify families to participate in the project. We were awarded a grant from the Scottish Government's Good Food Nation Fund which we used to buy equipment and ingredients for cookery sessions and take away "try it at home" bags. We also set up a Celebration Table in the lunch hall to develop social eating skills. Afternoon sessions ran, once a week for six weeks, which involved parents and children preparing and cooking a simple and nutritious meal that fitted within the parents' (sometimes limited) budget. We used pre and post assessments, along with child and parent voice, to measure the impact.

Process Change



The driver diagram below shows the aim:

Pre -Assessment



Post Assessment

Achievements



- By the end of the project, parents and children were more open to trying foods.
- The project allowed the staff to model positive interactions with the children and their parents.
- One of our parents reported that taking part and chatting to other parents had given her the confidence to sign up for a college course.
- Parents and children were spending more time together at home preparing and eating food.
- A child with an anorexia diagnosis was trying and eating new foods, much to the surprise of her mum.

Key Learning Points



LEADERSHIP

- To develop confidence in planning, delivering and reporting on a major school initiative.
- To identify and engage specific families, using the school tracking system and SIMD data.

PARTNERSHIP WORKING

- To establish positive working relationships with parents and their children.
- To deliver a presentation about the project and its results to the (EDC) Health Forum and report the findings back to the Scottish Government.

LIMITATIONS

- The places available on the project were limited due to space and time.
- The project was run by a member of teaching staff so class cover had to be arranged and funded.

Results



An improvement and reaffirmation in the relationship between:

- The parent and school;
- The parent and child;
- The parent and food; and
- The child and food.

- Increased confidence in cooking for both the parent and child.
- A realisation that healthy food can be easy and inexpensive.
- Small, measurable improvement in healthy food choices at home.
- Children shared food preparation and meals more often with parents at home.
- An unemployed parent returning to college.

Conclusion



- The project was a success in meeting the aims to introduce children and parents with a poor relationship with food to healthier eating. This was evidenced through the pre and post assessment appraisal carried out separately with the children and their parents.
- While some parents in the programme were initially apprehensive, they became engaged with high attendance and positive feedback.
- It increased both the parent's and children's confidence with food, with all participants stating they had practised their new skills at home
- It increased confidence not just in the children but also in the parents.

Scale / Spread



What next for your project?

- Running morning sessions to develop budgeting skills, alongside food preparation and cookery.
- Links to Developing Young Workforce planning.
- Continuing to build family learning and engagement in a nurturing environment.
- Develop links with Better Eating, Better Learning.



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