

The Importance of a Good School Food Culture

Case Study: Ravenscliffe High School

Food Central to Life at School

Ravenscliffe High School (RHS) are committed to offering students the best possible lunchtime and food experience. Food in school is not only embedded into cookery lessons, it is also a focus for enterprise groups involved with the 6th form catering café, as well as the lunch clubs within the community; all of which see students working in the main kitchen with the catering team.

As a special needs school, RHS's focus is to give their students the best in educational and life skills. One of the key areas is working with food - planting seeds and growing fruit and vegetables, having students harvest and cook them, before taking them to the kitchen to be used in school lunches or for the café clubs.

Food and cooking are at the heart of many lessons in school. The importance of eating healthily and knowing how to prepare nutritious meals are essential life skills and RHS students are frequently given the opportunity to learn and practice these skills.

A good example is the sixth form's Home Management lesson, in which the students shop for ingredients, prepare a large variety of both simple and challenging dishes and then eat together as a 'family unit'. The students thoroughly enjoy this lesson and for those who have aspirations to live independently, this opportunity is invaluable.

Having students work in the kitchen is an area that has worked well. Students gain specific skills which could help them get work experience and lead to full time paid work in the future. As well as helping students with their life skills, this has also inspired other students to want to work and serve in the kitchen.

Have a look at a film made up of images: <http://bit.ly/1nPt0ed>

