



YOUNG CHEF OF THE YEAR IMPACT REPORT

**UK AND IRELAND
2019/2020**





Welcome



The Young Chef of the Year Award

focuses on celebrating food education in the classroom and giving children hands-on practical experience alongside the message that what you eat is closely linked to your health and wellbeing.

Every child deserves to learn the basics about food, where it comes from and how it affects their bodies. When children are young, we teach them how to use a knife and fork and we develop their manual dexterity. When they start school, we teach them how to use scissors and write with a pen but what this award has highlighted is that many children at age 10 don't know how to cut an apple, cucumber or onion, combine ingredients or follow recipes to create a healthy meal. These are basic life skills that need to become integral in our children's education and development to support their long-term health and wellbeing.

The burden of chronic disease is rapidly increasing worldwide and almost half of chronic disease death attributed to cardiovascular disease, obesity and type 2 diabetes can be reversed with nutrition and diet (1). With this in mind the Young Chef of the Year Award is extremely relevant and has the potential to impact on our children's emotional and behavioural development, school absenteeism, cognition and future health.

The national roll out of the Young Chef of the Year in 2019 highlights the benefits of this award and the potential value of wider engagement.

Please read this report, talk about it and make it your personal mission to see that the Young Chef Award reaches your local school. We have a unique opportunity to change behaviours around food and nutrition and improve our children's and their families health and long-term potential. Your involvement will make a difference to the lives of children in your schools and communities, so don't miss out!

Katharine Tate
The Food Teacher™ (Director)

2019: Our reach



43

schools across the country took part in the Young Chef of the Year Awards during 2019



2070

children (aged 9-11) across the country took part in the Young Chef of the Year Awards during 2019



9

areas took part in the Young Chef of the Year Awards during 2019 including Greenwich, London, Limerick, Welwyn, Hatfield, Luton and Stevenage



Since our first pilot in Fleetwood, Lancashire in 2017, over 4,000 children across the UK and Ireland have completed our awards.



Who we are:



The Food Teacher™ is a group of qualified primary school teachers, a registered nutritional therapist and a health coach who work closely with schools, families and individuals to educate about food and nutrition.

The Young Chef of the Year Award was first piloted in 2017 in Fleetwood, Lancashire, UK and was initially funded by the National Health Service who recognise the impact such an award could have on the long-term health and wellbeing of the community.

About the award:



The Young Chef of the Year Award is for children aged 9-11. It covers the UK Key Stage 2 National Curriculum for 'Cooking and Nutrition', the new statutory Relationships and Sex (RSE) and Health Education Guidance (2020) and the 'Social, Personal and Health Education' (SPHE) Curriculum in Ireland. Children learn chef skills, seasonality, cooking methods, food hygiene and safety, where food comes from and the importance of food for health. The teaching also incorporates other curriculum areas such as English, Science, Maths, Geography, ICT and Art and Design.

The award is a 6-week challenge that requires 2 hours of teaching and practical time each week and focuses on pupils designing and creating a 'Meal for their Hero'. The meal includes a soup, main course, dessert and drink within a £10/€10 budget. The outcomes to date have been outstanding and pupils readily rise to the challenge.

When schools sign up, teachers are equipped with all the resources required for delivery of the award including access to a web-based programme which includes teaching videos with Chef Harry Lomas (UK)/Michelin Star Chef Aidan McGrath (Ireland), a scheme of work, lesson plans, letters to parents and copies of our curriculum books which can support the whole school (see page 11). Schools also receive printed pupil journals for pupils to record their progress and pupil certificates. The website also contains a link to 'Cook at Home' with recipes pupils can access to engage their parents/carers.

As the award has evolved many schools have adapted the plans and content for their pupils. Some schools connect with their local secondary schools for the final cooking challenge, whilst other schools choose small groups to complete the challenge and some may opt to ask pupils to do their final cook at home.

In some areas of the UK, clusters of schools have completed the awards and have held grand finals across areas, which have increased engagement across the wider community.

Fleetwood case study



In 2017 Dr Mark Spencer (Fleetwood GP) had a vision to transform the lives of children, families and schools and commissioned The Food Teacher™ and partners to create and support a food and health-based award for schools, which was funded by Fylde and Wyre Clinical Commissioning Group.

Aside from delivery of the programme in schools and the final cook Fleetwood were keen to celebrate success and progress by holding a local final to find the Fleetwood Young Chef. Each school submits a finalist who recreates their 3-course meal in front of a team of judges. This event is then proceeded by an awards lunch with families/carers.

Outcomes and Impact:

The award was designed to address 3 key outcomes, for pupils to:

1. Understand the principles of a healthy and varied diet (within the context of home and school) to improve quality of life (this was focused on developing the children's enjoyment of new and healthy foods – increasing uptake and therefore reducing obesity).
2. Prepare and cook a variety of dishes using a range of cooking techniques.
3. Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.

Impact has been measured through teacher and pupil questionnaires, evidence in pupil workbooks and feedback from schools.

- Since 2017 over 1500+ pupils in Fleetwood have completed the awards.
- 100% of teachers surveyed in year 1 would teach the lessons if observed and were able to successfully assess pupils. Teachers also identified wider assessment opportunities linked to personal and social development of pupils.

Long-term Outcomes and Impact:

Healthier Fleetwood have completed a third year of the awards (Appendix 5) and plans to engage a university partner to measure the long-term impact of the awards.

Welwyn Hatfield case study



In 2019, The Food Teacher™ acquired funding for a pilot of the Young Chef of the Year Award in Hertfordshire. The Restaurant Group plc provided a grant, which was able to support and engage 17 primary schools across Welwyn, Hatfield and Stevenage. Most schools started the award during the Autumn term 2019 and completed by Christmas.

Why Welwyn, Hatfield and Stevenage:

Child health in Hertfordshire highlighted increasing childhood obesity statistics and the group of local Headteachers linked well as a cluster and were keen to further develop food culture in their schools.

A Grand Event:

In the Spring term 2020, a Young Chef Final and awards ceremony took place at the Ridgeway Academy with support from The Rotary Club of Welwyn Garden City. Nine schools submitted finalists who recreated their menu for a team of judges including Chef Harry Lomas (MBE BEM FIH) - Culinary Director Of Wembley Stadium and Gemma Hollis - Welwyn Garden City branch of Waitrose. Lucas Brooks was then announced as the overall winner.



To view a film of this event visit: <https://youngchefoftheyear.com/#finals>

This was produced in collaboration with Oaklands College.



Welwyn Hatfield at a glance



15

schools in Welwyn Hatfield took part in the Young Chef of the Year Awards during 2019



550+

children (aged 9-11) in Welwyn Hatfield took part in the Young Chef of the Year Awards during 2019



+21%

increase in hygiene awareness post-award with children **always** washing hands before touching food



+28%

increase in food preparation confidence post-award with children measuring ingredients **on their own** and **+8%** cutting up fruit and vegetables **on their own**



+24%

increase in food preparation confidence post-award with children making a salad and **+19%** making a smoothie **on their own**



+15%

increase in those whose parents let them help cook dinner at home and a **+20%** increase in confidence to buy or ask parents/carers to buy specific ingredients



+18%

increase in children asking their parents/carers to cook their favourite vegetable



+30%

willingness to try tomatoes, **+22%** willingness to try celery and **+9%** willingness to try broccoli post-award

This data was collected by class teachers using a pre and post questionnaire with 205 children.

Limerick case study



In February 2019, The Food Teacher™ sought funding for a pilot of the Young Chef of the Year Award in Ireland. The JP McManus Foundation provided a grant of €1000, to fund a pilot in two Limerick primary schools, namely St Patrick's GNS and Our Lady of Lourdes. The award was co-ordinated and delivered by Evelyn Hartigan, a teacher and nutrition coach working as a Resource Teacher, across both schools, together with the class teachers. Schools started the award in April 2019 and completed by the end of May 2019.

Why Limerick/Ireland:

Ireland was identified for the pilot due to increasing childhood obesity statistics. Research has shown that eating habits are established early in life and it is therefore important that any attempts to produce long-term improvements in the nation's diet should start with children. According to Safefood data (2), 1 in 4 children in Ireland are overweight or obese and obese children are likely to become obese adults, with long-term health problems. In addition, Safefood reports that 20% of energy intake from a child in Ireland's diet comes from sugary drinks, biscuits, confectionary, chocolate and cake with many children not meeting the dietary recommendations for fruit and vegetables, saturated fats or sugars.

More alarmingly, the document 'Tackling Childhood Obesity: A Written submission from the Healthy Service Executive to the Joint Committee on Children and Youth Affairs' (3), published in May 2018, clearly states "The prevalence of childhood obesity in Ireland as currently extrapolated from both the Growing Up in Ireland Study (4) and the country's participation in WHO Europe Childhood Obesity Surveillance Initiative (5) report that childhood obesity in Ireland is high by international standards, with Irish seven-year-old boys and girls ranked with the fifth and third highest BMI respectively (6)." Long and short-term effects are linked to conditions such as heart disease, type 2 diabetes and cancer.

Limerick at a glance



2

schools in Limerick took part in the Young Chef of the Year Awards during 2019



53

children (aged 10-12) in Limerick took part in the Young Chef of the Year Awards during 2019



+16%

increase in hygiene awareness post-award with children **always** washing hands before touching food and **+12% always** washing hands after going to the toilet



+28%

increase in food preparation confidence post-award with children measuring ingredients **on their own** and **+8%** cutting up fruit and vegetables **on their own**



+24%

increase in food preparation confidence post-award with children making a salad and a soup **on their own**



+8%

increase in children cooking at home and a **+16%** increase in confidence to buy or ask parents/carers to buy specific ingredients



+20%

increase in children asking their parents/carers to cook their favourite vegetable



+20%

willingness to try tomatoes, **+16%** willingness to try celery and **+8%** willingness to try cucumber post-award

Quotes:



Dr Mark Spencer (GP), Healthier Fleetwood–“The Young Chef of the Year is essentially about improving nutritional knowledge and cookery skills for the children that take part. Cookery is a life skill and, coupled with healthier eating choices, will bring lifelong health benefits for our children. Much more than that though it’s also about raising children’s aspirations, opening their minds to new experiences and to new possibilities.”



Amanda Lewis, Corporate Director for People, Luton Council–“The council is committed to improving the health and wellbeing of children and young people, so we fully support the Young Chef of the Year Award. We know that eating the right food can bring about major health benefits both physically and mentally and this award is a fantastic way of encouraging children to eat healthier foods and ultimately adopt healthier lifestyles.”

Network and Links:

We have established links with a number of key partners including:

Education – All the schools we have worked with to date, University of Bedfordshire, Professor Martin Carraher (Professor of Food and Health Policy) City University London, Herts Grid for Learning, Food for Life (Soil Association), Chefs in Schools

Catering – Chef Harry Lomas, Lead Association for Catering in Education, Springboard FutureChef, Craft Guild of Chefs, Chef Aidan Mc Grath, Chef Theo Michaels, Chef Patti Soley

Healthcare – Healthier Fleetwood (NHS), CCG East Lancashire, Christine Gurnett, Senior Community Dietician in Limerick (HSE and Healthy Limerick), Upper Lea Valley Provider Board

Corporates – DairyLink Ltd, The Restaurant Group Ltd, JP McManus Charitable Foundation, Go Wild Magazine, The Savoy Educational Trust

Councils – Stevenage Borough Council, Luton Borough Council, Dr Pat Daly, Director of Economic Development and Planning for Limerick City & County Councils, Patricia O’Sullivan of Innovate Limerick

Policy makers - Tim Baker (Member of the London Obesity Taskforce, London Food Board Member, School Food Plan Alliance Member and National Childhood Measurement Program Panel member), Lead Association for Catering in Education, All Party Parliamentary Group on School Food chaired by Sharon Hodgson MP

References:

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3. Anon, (2019). [ebook] Available at: <https://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Publications/Corporate%20Publications/EducatingForHealthShapingOurFuture.pdf> [Accessed 23 Sep. 2019].
4. Anon, (2019). [ebook] Available at: https://www.esri.ie/system/files?file=media/file-uploads/2016-06/BKMNEXT211_ES.pdf [Accessed 23 Sep. 2019].
5. Anon, (2019). [ebook] Available at: http://www.euro.who.int/__data/assets/pdf_file/0010/378865/COSI-3.pdf?ua=1 [Accessed 23 Sep. 2019].
6. Heinen, M., 2014. The Childhood Obesity Surveillance Initiative (COSI) in the Republic of Ireland: Findings from 2008, 2010 and 2012. Health, 1, p.03.

Vision for the future:

- National roll out of the Youngest, Younger and Young Chef of the Year Awards across the UK and Ireland (2020/2021)
- Engage regional ambassadors to support roll out
- Young Chef Final events across clusters of schools
- Link with Healthcare professionals/University partners to assess long-term health impact

Other Awards:



Younger Chef of the Year is an award for Year 2 pupils (ages 6-7). The award is a 6 week challenge (2 hours each week) that focuses on pupils designing and creating a 3 course lunch and drink for a family member or friend. No heat is required so all lessons can be delivered in the classroom with minimal equipment. Children learn chef skills, how to combine ingredients, how to set the table, where food comes from and the importance of food for health.



Youngest Chef of the Year is an award for Nursery/Reception children (aged 3+). The award is a 'Mini Muncher Challenge', with 5 stand-alone lessons and additional activities. Children learn basic, age appropriate chef skills, food hygiene and safety, nutrition, the benefits of choosing healthy snacks and staying hydrated. Make at home recipes are also included to engage parents/carers.

Books for Schools:



Award-winning curriculum books to support schools include:

- No Kitchen Cookery for Primary Schools/No Kitchen Cookery for Irish Primary Schools
- Now We're Cooking! Delivering the National Curriculum through Food



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A huge thank you to the following individuals/organisations for their dedication and support for the Young Chef:
Marie Reynolds (The Food Teacher™ Education Consultant - Ireland Lead), Ellen Tuck (The Food Teacher™ Education Consultant), Evelyn Hartigan (Teacher and Health Coach at Heart Nutrition), Healthier Fleetwood, GP Mark Spencer, Chef Harry Lomas, Savoy Educational Trust and Rotary International.