

COOK PROJECT

TVU Summer School 2007

PROJECT REPORT 2007

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Public Health Dietitian



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Acknowledgements

The project organisers are very grateful for the support and enthusiasm of head chef Barry Fairchild and Business Development Partner Les Bradfield.

A big thank you to SEGRO for the use of their beautiful facilities and for providing their facilities for the presentation dinner. Also thanks to Aramark and their staff for their continued support for the project.

Thank you also to East Berkshire College for use of their lovely kitchen at the Langley campus for the Cook course in-brief.

For further information about healthy eating projects in East Berkshire please contact:

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Introduction

The Cook Projects were developed in response to extensive consultation by Thames Valley University in to the requirements of the local teenage community in Slough. Practical cooking skills were found to be severely lacking, and there was an interest amongst members of this population in learning how to cook.

The courses were designed and delivered by Pip Collings (Public Health Dietitian) and Steve Scuffell (Chef). Recruitment and administration was via the Thames Valley Universtiy Summer School Programme.

Aims

1. To improve the cooking skills of teenagers in Slough
2. To promote healthy eating and improve the diets of teenagers in Slough
3. To generate interest in the catering profession

Objectives

Participants will be trained:

1. To handle knives and other kitchen equipment
2. To prepare raw foods
3. To cook and present meals
4. To prepare and serve a presentation dinner
5. To be familiar with the Balance of Good Health
6. To understand how to preserve nutrients during cooking

Partners

Pip Collings	Public Health Dietitian,
Steve Scuffell	Chef, Craft Guild of Chefs
Rupinder Dhaliwal	TVU Summer School co-ordinator
David Mullins	SEGRO
Les Bradfield	Business Development Partner Aramark
Barry Fairchild	Head Chef, Aramark

Methods

ADVANCED course

Eleven young people aged between 14 and 19 were recruited to the ADVANCED course. SEGRO very generously provided their beautiful kitchens for the project. Five training sessions were run, see timetable below for details. The following Friday the advanced students returned to join the BASIC course to prepare and serve the presentation dinner. The dinner was served to two guests per student plus special guests, including the Mayor of Eton. This was held in the SEGRO restaurant. A total of 49 people attended the dinner.

TIMETABLE FOR ADVANCED COOK PROJECT 30th JULY – 3rd AUGUST 2007

Monday	Tuesday	Wednesday	Thursday	Friday
Health & Safety in the kitchen	Soup & starters	Fish filleting	Chicken butchering	Desserts
Breads	Healthy Eating education session	Healthy Eating education session	Healthy Eating education session	Evaluation

Presentation dinner Friday 10th August

3 – 7.30 preparation time. 7.30 – 9.30 dinner for 49 guests. 9.30 Certificate presentation by the Mayor

Along side the practical tuition, the students were also taught about healthy eating.

Session 1. **Healthy Eating in schools**

The students discussed issues in their schools relating to healthy eating including school meals, cooking and nutrition education.

Session 2. **Healthy Eating**

Introduced the students to the concept of a balanced diet using the Balance of Good Health

Session 3. **Nutrient losses** and fats

Explained how nutrients are lost during cooking and how to preserve them.

We also covered different fats and their health properties.



Three main causes of nutrient losses

1. Leaching – vitamins dissolve in the cooking water and are thrown away
2. Heat – prolonged heating destroys vitamins
3. Oxidation – leaving chopped vegetables in the air for prolonged periods leads to vitamin losses through oxidation.

BASIC course

Nine young people aged between 13 and 18 were recruited to the BASIC course. Four training sessions were run, following a similar format to the ADVANCED timetable. On the fifth and final day, the students prepared a presentation dinner with the ADVANCED students. The healthy eating and nutrient losses talks were also delivered to this group.

TIMETABLE FOR BASIC COOK PROJECT 6th – 10th AUGUST 2007

Monday	Tuesday	Wednesday	Thursday	Friday
Health & Safety in the kitchen	Soup & starters	Fish filleting	Chicken butchering	Preparation for the dinner
Breads	Healthy Eating education session	Healthy Eating education session	Evaluation	

Presentation dinner Friday 10th August

3 – 7.30 preparation time. 7.30 – 9.30 dinner for 49 guests. 9.30 Certificate presentation by the Mayor

IN-BRIEF course

This is a new course, introduced in 2006. This course focused on cold food preparation with the final aim of producing finger food for 200 people at the Slough Summer School showcase on 17th August.

The students were taught how to prepare a variety of dishes including wraps, tartlettes, dips and crudite. Healthy eating education sessions were also included in this course. On the final day the students worked alongside professional chefs to produce a buffet for the TVU Summer School 10th Anniversary party. The students also helped to serve the food they prepared. It is estimated that they produced £5,000 worth of catering on that morning.

This course ran for 2 hours a day Monday to Thursday with the showcase on Friday from 10.00 – 4.00pm.

Advanced course



Students examine their fish



Students fillet their fish



Steve Scuffell demonstrates how to cook sea food

Basic course



A more experienced student helps with chicken butchery



A very cautious taste of a mussel



Demonstration

Presentation dinner



Service



A student serves the mayor



Guests at the dinner