



NUTRITION WORKSHOPS FOR SCHOOLS

Our Workshops for Schools

At PurpleCarrot Nutrition, we have a **passion for teaching** kids about cooking and nutrition. We believe cooking can be **great fun** and is a **valuable skill** to have as children grow up.

Understanding how a **balanced diet** can support health is important for children of all ages. It's never too early (or too late!) to start learning about nutrition and what is best for them.

We run workshops in **schools throughout London** for children **aged 2-18**, as well as private workshops and cooking camps. **References** are available on request and **feedback** can be found at <https://purplecarrotnutrition.co.uk/education/school-workshops/>



Learning about Health and Nutrition

Our school workshops include an **interactive talk** about the nutrition topic agreed with the school (balanced diet, sports and nutrition, plant foods, sugar and health) and are tailored to the target age group.

For younger children we focus on basic principles like the rainbow diet. For older children we introduce our perfect fuel plate or the importance of wholegrains versus refined carbohydrates.

We use **audiovisual support, fun games, worksheets** and, whenever possible, **fresh foods** to illustrate the topic. Getting the kids engaged is as important as the nutrition content.



Workshop Options

Our sessions start with a talk by our Nutritional Therapist on the chosen topic followed by a game or activity to further illustrate the main learning outcomes and a food activity with our chef. We encourage children to get involved in the cooking and enjoy the food they've just made with their classmates. We reinforce the talk message throughout the cooking and eating parts of the workshop.

In regards to cooking, we offer **different options to suit your school's needs** including:

- 🍷 **Three course lunches** including, for example, fresh bread, turkey burgers and raspberry pudding cooked entirely with the children.
- 🍷 **Food preparation and assembly**, such as vegetarian tacos made in the classroom or canteen.
- 🍷 **Food demo** (eg. rainbow hummus) in the space available and tasting.
- 🍷 **Food tasting** including seasonal fruit and vegetables cooked/raw/dried, etc
- 🍷 **Food games:** name the vegetable, fruit and vegetable sorting by colour for the youngest ones, name a dish made with that vegetable, build a food rainbow.



Testimonials

“My daughter thoroughly enjoyed the PurpleCarrot Workshop and would love to do it again! The combination of learning about food and healthy eating and making the delicious healthy meals herself together with other kids is what made the experience educational and a lot of fun! And very yummy too!” Mrs S-T, London

“Pilar has planned her lessons carefully, setting clear objectives with selected learning activities and aiming at creating an inclusive, supportive and safe work environment. The lesson objectives were revisited and pupils were helped to understand them with adequate support e.g. visual prompts, concrete examples, simplified explanations of topic vocabulary and effective questioning techniques” Ms E N, YR4 teacher London

“My kids were in fantastic hands and learnt excellent things. My son had been asking me to go for a cooking class since ages and I am glad I started him off with Purple Nutrition as I can see him going back for more. Thank you PN, for instilling love for cooking/being in the kitchen, in my kids” Mrs S J, London

More details on our Workshops

- ♥ Our **workshops last 1-3 hours** and include a talk on nutrition, games, a cooking session and time to enjoy what they have cooked with their class mates.
- ♥ Our team includes two or three PurpleCarrot Nutrition staff including a **Registered Nutritional Therapist** and a **Nutritional Chef**. We are all **DBS checked and have years of experience working with children**. We are all parents and have the relevant professional insurance.
- ♥ We provide all **ingredients, organic whenever possible, and safe equipment** for children to get involved in cooking.
- ♥ We also prepare **worksheets and handouts** the children can take back to their classroom/home. And, of course, we bring plenty of stickers!



About PurpleCarrot Nutrition

At PurpleCarrot Nutrition we have two passions: nutrition and good food. We are a team of qualified and registered nutrition therapists and cooks who firmly believe that what we eat can support our health and wellbeing from the moment we are conceived.

We specialise in supporting **women's health**, including **hormonal balance, fertility, pregnancy and breastfeeding**, with science-based nutritional advice. We also focus on **children's nutrition** including **weaning, restricted diets, ADHD, eating disorders, weight issues** and food **allergies, sensitivities and intolerances**.

At PurpleCarrot Nutrition we believe educating children about the importance of a wholesome, balanced diet in health. We offer **educational cooking and nutrition workshops** for children of all ages, both at school and privately.

Meet the Team

PILAR MANZANARO

Nutritional Therapist BCNH, BANT CNHC

Pilar is qualified and registered Nutritional Therapist running a busy clinic in London and worldwide via Skype.

As a Nutritional Therapist, Pilar specialises on how diet and nutrition can help **support women's health** and have a positive impact on and **hormonal balance, fertility, pregnancy and beyond**. Pilar uses her diet and nutrition knowledge to support **children health and development from birth to the teen-years**.

Pilar **lectures at BCNH** on Nutrition and contributes to several on-line publications as well as the PurpleCarrot Nutrition blog. Prior to starting a career in nutrition, Pilar worked in banking and hedge funds as a bond trader and analyst.

PAULA QUEST

Nutritional Chef Leiths

Paula is a **gifted and creative cook** who reads endless recipe books and magazines about food and health. Paula completed her **Nutrition in Practice course at Leith's** in 2016.

Paula loves fresh ingredients, **healthy food, rich flavours and, above all, time-saving tricks** and...all she's never found a kitchen gadget she didn't fall in love with!

Paula has a **love of cooking and food**, and a never-ending passion for trying new foods and cooking methods, which has been fundamental in **providing her with knowledge to pass onto others, especially children**.

Paula previously practised as a commercial lawyer in both Argentina and the UK, specialising in international arbitration.



Any Questions? Please get in touch!

Via our Website: <https://purplecarrotnutrition.co.uk/get-in-touch/>

Via email: info@purplecarrotnutrition.co.uk or if you'd prefer to have a chat, just give us a call on 07900554266