



Chef Adopt a School Programme in Cairngorms National Park

Cairngorms Food for Life Education programme has teamed up with the Academy of Culinary Arts' Chefs Adopt a School to deliver their highly successful programme.

Cairngorms National Park is the first place in Scotland to deliver the programme as a whole region. Chefs Adopt a School (CAAS) aims to teach respect for food, nutrition, health & hygiene and cooking as a life skill and links growing and farming, from field to fork.



The first session at Glenlivet Primary School was recorded for BBC Radio Scotland's Kitchen Cafe for their episode on 'Cooking with Kids' broadcast on 4th April



Exploring tastes on the tongue and explaining a balanced diet



One Head Teacher said 'This is a partnership we would love to see grow over the years. Our Chef Adopt a School session has been really engaging for the children and has linked very well with learning in the classroom.'

In November 2011, Academician and chef James Holden ran training sessions for chefs from local restaurants in the Cairngorms National Park. Chefs started to make contact with their allocated school after Christmas and the first sessions started in February. It is hoped by the end of the year 10 schools will have had their first visit from the chef who has adopted them. Some eager schools have already booked in second visits.

CAAS starts off with fun activities to explore food through all the senses. Children get into the mood by wearing chef hats and aprons and shouting 'Yes Chef' as if they are in a professional kitchen. Subsequent sessions go on to food preparation and cooking skills and can eventually lead to visiting local professional kitchens.



Some Cairngorms Chefs pretending to be back at School

