

# EGGciting Holidays In Kirklees

**School's Out!!!**

**April 2022**

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A comprehensive e-resource for those providing council funded holiday clubs during the April School Holidays

This egg-cellent guide is packed full of fun ideas on how to engage children and families in; cooking, food education, physical activity, growing and much more during the UK April School holidays.

This holiday brings a time of celebration for some children & families. With events such as Ramadan and Easter it can be a time focused around breaking fast with indulgent foods and treats as well as easter eggs & chocolate - please be mindful not to overload children and young people with excessive amounts of fat, salt & sugar daily in your HAF program.

Meals and snacks should still be nutritious and balanced.

If at all possible consider inviting families to join in your program of activities. Meals ideally must be consumed on the premises as part of the daily provision however in the event of Ramadan you may wish to send food based activities home for children to cook and eat later with their family.

# An Introduction To HAF

As a result of this programme, the Department for Education (DfE) want children who attend this provision to:

- *Eat healthily over the school holidays*
- Be active during the school holidays
- *Take part in engaging and enriching activities* which support the development of resilience, character and *wellbeing* along with their wider educational attainment
- Be safe and not to be socially isolated
- *Have a greater knowledge of health and nutrition*
- Be more engaged with school and other local services

They also want to ensure that the families who participate in this programme:

- *Develop their understanding of nutrition and food budgeting*
- Are signposted towards other information and support, for example, health, employment, and education



This resource has been designed and developed by the Kirklees Food Initiatives and Nutrition Education (FINE) Project to support and assist providers in achieving the food and nutrition based elements listed above (see coloured bullet points).

The ideas and suggestions are a great starting point for you to use however please feel free to incorporate different creative ideas or activities that are appropriate for your venue, facilities and children/young people.

# The Meal Offer (Core Food Provision)

**If you are able to cook a hot meal from scratch on site then this is highly recommended.**

**Choose dishes that are popular with children and young people keeping to the school food standards.**



**If contracting with a food business to provide the meals for your Holiday Club then the same nutritional standards apply when negotiating the menu. Please be reminded any food business being considered must have a minimum 3 hygiene rating score (however a 4/5 rating is preferable).**

**Please see the Schools Out–Easter 2022 Programme guidance document (circulated 23rd Feb) which gives more detail on the specific core food/meal requirements.**

**For recipe ideas from around the globe you can use FINE's:**

**'Around the World in 16 plates'**

**resource developed for summer HAF 2021 as part of the overall Kirklees Programme Toolkit.**

**You must adhere to all the necessary food safety standards in the purchasing, storing, preparing, cooking and serving of food within your HAF scheme and ensure you have competent staff/volunteers. If you aren't already registered with Kirklees Environmental Health Food Safety Team please do this as a first priority**



# Consider Different Cultures In Your Programme of Food & Activities

April 2022 Holidays in Kirklees are a time of various cultural and religious celebrations. Kirklees is a very culturally diverse region and it is important to plan your sessions with this in mind.

RAMADAN  
★ KAREEM



EASTER



## Calendar Dates

### Ramadan

Begins Saturday 2nd April

Finishes Sunday 1st May 2022

### Easter

Good Friday: Friday 15th April

Easter Sunday: Sunday 17th April

Easter Monday: Monday 18th April





# School Food Standards Adopted For HAF Sessions

School food standards ensure that food provided to children in school is nutritious and of high quality. They also:

- Promote good nutritional health in all pupils;
- Protect those who are nutritionally vulnerable
- Promote good eating behaviour

Please follow the practical guides provided in the Government guidelines document online:

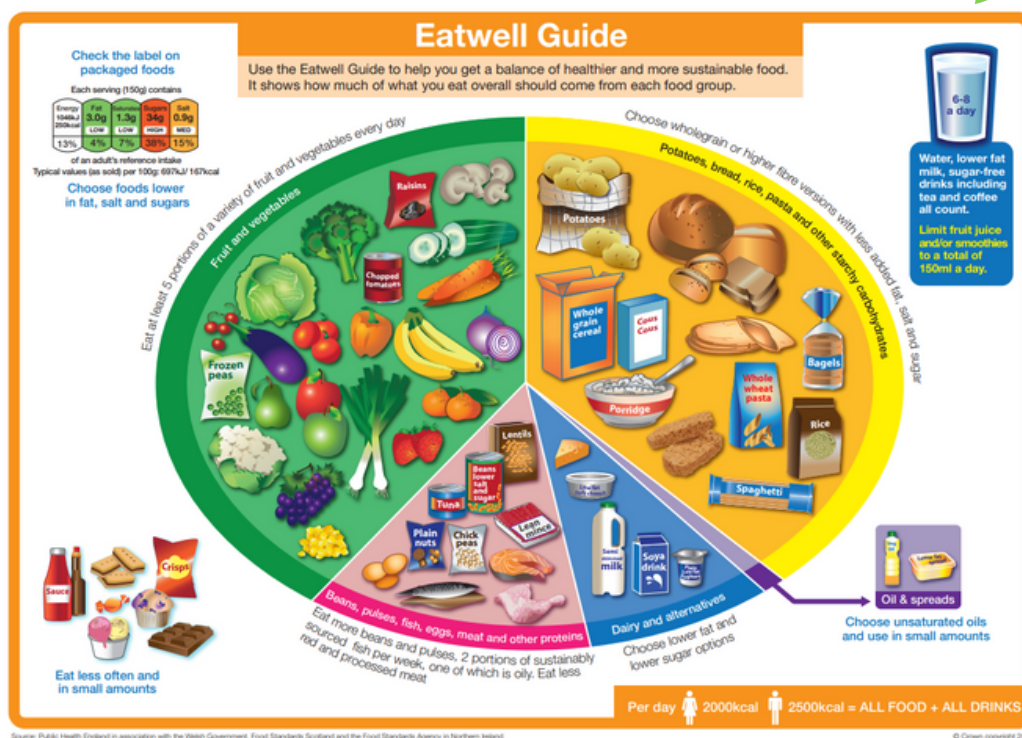
[School food standards practical guide - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[School-Food-Standards-Guidance-FINAL-V3.pdf \(schoolfoodplan.com\)](http://schoolfoodplan.com)

Meals should follow the Eatwell Guide shown below in combination with the above guidelines:

- **Starchy foods**
- **Fruits and vegetables**
- **Milk, dairy & dairy free alternatives**
- **Meat, fish, eggs, beans and other non-dairy sources of protein**
- **Fats & oils**
- **Foods high in fat, sugar, salt - keep to a minimum**

Did you know the general population only eat 2 portions of fruit or vegetables per day on average!



# Seasonal Fruit & Vegetables



Buying British seasonal fruit & veg can help reduce overall food costs.

Try to use seasonal fruit & veg in meals, cooking activities & even planting & growing food to harvest in later months.

Are you able to incorporate any seasonal food (including sample taste tests)?

Why not raise the flag for British seasonal produce this holiday!

## April

Rhubarb  
Beetroot  
Cabbage  
Carrots  
New potatoes  
Kale  
Mushrooms  
Parsnips  
Radishes  
Spinach  
Asparagus  
Sprouting broccoli



## May

Rhubarb  
Strawberries  
Asparagus  
Beetroot  
Chicory  
Elderflowers  
Lettuce  
Marrow  
Peas  
Peppers  
Rocket



## June

Blackcurrants  
Cherries  
Gooseberries  
Raspberries  
Rhubarb  
Strawberries  
Aubergine  
Broad beans  
Broccoli  
Cauliflower  
Courgette  
Cucumber  
Runner beans  
Summer squash



## 5-a-day

for less than 50 pence for a child



**40g frozen peas = 5p**

Based on Iceland 800g packet  
costing £1.00

**40g apple slices = 6p**

Based on Asda 500g pack  
costing £0.72

**1 tbsp (30g) raisins = 8p**

Based on Aldi 500g pack  
costing £1.35

**40g fresh carrots = 2p**

Based on Tesco 1kg pack  
costing £0.40

**40g cucumber = 6p**

Based on Morrisons single cucumber  
costing £0.45 each

**Total =  
27p**

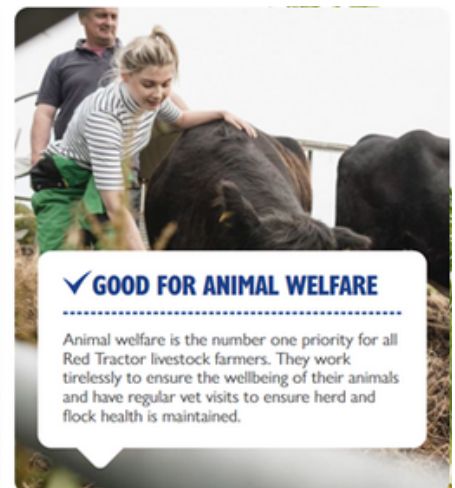
# Sustainability, Climate Change, Animal Welfare

A cost effective way to buy fruit & vegetables is to buy items that are in season or connect with a local grower/allotment.

If you can buy food that is more local or at least produced in the UK that is also a bonus.

Think about packaging and plastic, if you can buy loose items rather than in plastic then consider this

Look out for the Red Tractor symbol or similar if you want to ensure that certain standards have been adhered to including animal welfare

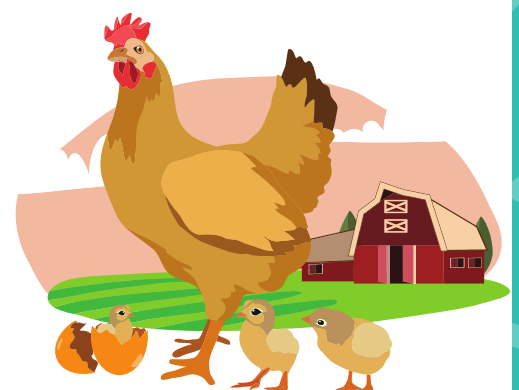


## Free Range vs Caged Hens

As eggs are the main focus and the theme this holiday season it goes without saying that all eggs used in the core food offer/hot meal, enrichment cooking activity or goody bags that go home with children to families should be free-range

Free-range hens have access to the outdoors and are not confined in cages. Hens in barn systems are also free from cages, but do not have access to the outdoors.

Remember lots of food products like mayonnaise, cakes, biscuits and quiches contain egg. Unless the ingredients say 'free-range eggs' or 'barn eggs' they are likely to be from caged hens.

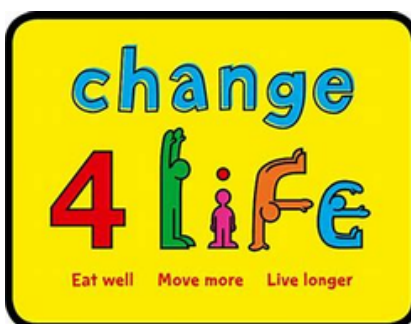
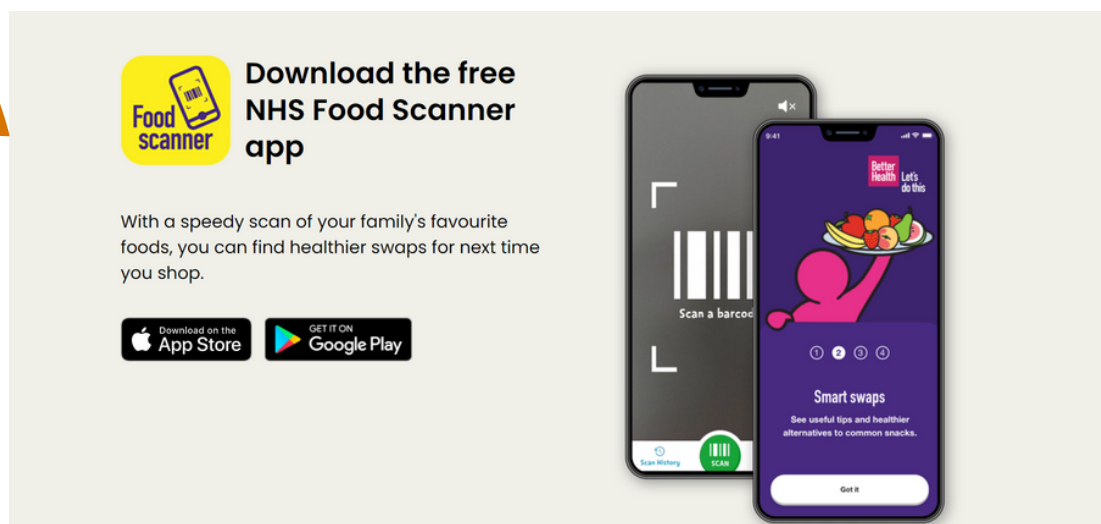


# Signposting to National Campaigns & Resources

The Office for Health Improvement and Disparities (OHID)'s - formerly Public Health England - latest Childhood Nutrition campaign focuses on using the NHS Food Scanner app to help families make healthier food and drink swaps.

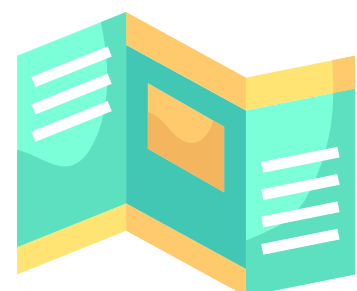
By doing so, it aims to reduce the consumption of foods that are high in sugar, saturated fat and salt and helps to reduce levels of childhood obesity.

[NHS Food Scanner app - Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk)



Change 4 life website has a wide range of information, recipes and guidance for both providers and families to suit all ages.

A free Nutrition leaflet written by The Office for Health Improvement and Disparities will be provided that you can distribute within your programme to participants and their families.





# Food Tips

The Change 4 Life campaign provide some practical resources and information to help educate children on making healthier choices around food and drink, including this infographic sheet pictured below.

Remember that the HAF programme is about providing healthful food and rather than offering excessive amounts of fat, salt or sugar. We appreciate that holiday's and religious festivities bring about more 'treat' foods however you can serve this type of food in a smart way.

See the 'chocolate crispy bun' recipe where 100g chocolate makes 12 crispy buns equalling 8g chocolate per serving versus a full standard chocolate bar weighing approximately 45g each which is a common food for children & young people.

When carrying out food based activities, in sweet recipes you can reduce or even omit the sugar required and add ripe banana's, grated apple or dried fruit such as apricots, dates or raisins.



# Recipes and Food Based Activities

Incorporating cooking as an enrichment activity does not necessarily have to be about complicated recipes or dishes.

Children's skills (and even adults) can be built gradually once the basics are learnt so this holiday why not consider starting with how to boil an egg... There's more 'science' to it than you may have realised!

You can also begin teaching basic preparation and cooking skills such as:

- How to hold a knife safely and chop a selection of fruit or vegetables as practice which can be eaten as a snack
- Chopping herbs with scissors in a jug (this helps to keep fingers safe), add chives to scrambled egg!
- Grating; using a box grater is a skill great for grating crunchy veg or fruit to add to coleslaw or cakes and even cheese for pizza or pasta dishes



## What If Venues Lack Cooking Facilities

Cooking enrichment can be more challenging (but not impossible) where the venue and facilities are more limited. With this in mind please consider whether or not a small financial investment in some of the following gadgets would make it possible to include some basic cooking activity related to this holidays egg theme

It really is amazing what can be achieved with a little creative imagination and out of the box thinking.



Tower T19023 Multi-Function Egg Cooker with Egg Poaching Tray & Omelette Tray, 360W, Black

Visit the Tower Store  
★★★★☆ 257 ratings

Amazon's Choice for "egg cooker electric 3 in 1"

£14<sup>99</sup>

& FREE Returns

Save up to 9% with business pricing. Sign up for free Amazon Business account  
Available at a lower price from other sellers that may not offer free Prime delivery.

Note: This item is eligible for FREE Click and Collect without a minimum order subject to availability. Details

Tower T19023 Multi-Function Egg Cooker with Egg Poaching Tray & Omelette Tray, 360W, Black : Amazon.co.uk: Home & Kitchen.

# What If Venues Lack Cooking Facilities ctd...

Browse amazon or the local discount stores such as B&M, Large major supermarkets (electrical aisles) for different brands and varieties. You may also want to consider purchasing an electric pop up toaster to supplement (especially for soldiers).

Cooking enrichment can generally include 'non-cooked' dishes (salads, smoothies, fruit kebabs etc) or low cook-only requiring a kettle/hot water etc (cous cous, egg noodles etc). In addition, the range of camping stoves available on the market using portable gas or fuel also open up possibilities (as does Barbequing and bushcraft type activity).

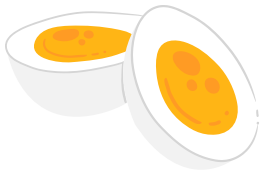
Below is a list of additional gadgets that may help you think more creatively about the level of cooking enrichment activity you could incorporate into your HAF sessions (particularly if access to a traditional cooker/stove is an issue)

- Microwave
- Halogen Oven
- Single/Double Hot Plate
- Blender Jug/Smoothie Maker
- Hand-held blender
- Electric Kettle
- Egg Cooker/Omelette Maker
- Electric 3 tier Steamer
- Electric Crepe maker
- Slow Cooker (as long as recipes can be done within the time-frame)
- Rice Cooker
- Sandwich Maker
- George Forman Grill
- Spiralizer (for creative salads)
- Camping Stove
- BBQ





# HOW TO BOIL AN EGG

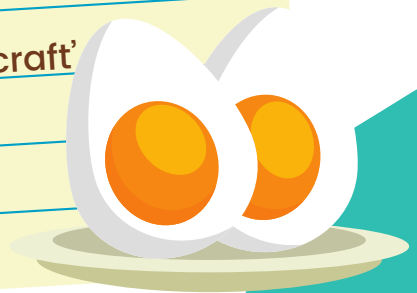


## INGREDIENTS

2 eggs (room temperature)  
Bread or toast to serve

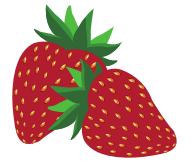
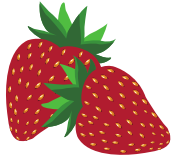
## DIRECTIONS:

- Fill a medium sized saucepan with water and bring to a boil
- Add the eggs carefully to the pan.
- Set your timer (or clock watching) for 4-5 mins for runny/dippy eggs to serve with soldiers, or 6-7 mins for soft-boiled eggs for a salad.
- If serving with a salad, plunge the eggs into a bowl of cold water as soon as the timer goes off – this will stop them cooking and cool the shells quickly for peeling.
- Serve in a colourful (or hand decorated) egg cup (the latter could be a separate 'craft' enrichment activity).





# EGGY BREAD



## INGREDIENTS

2 medium eggs

1 tbsp milk

2 slices brown or 50/50 bread

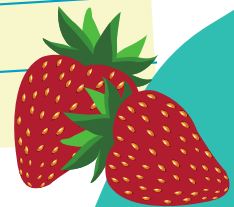
1 tbsp vegetable oil

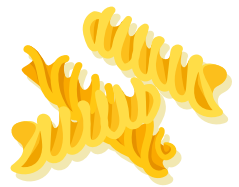
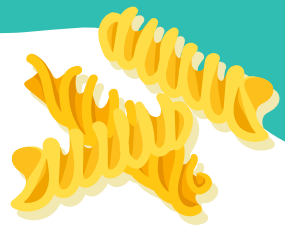
Fresh fruit, fruit compote or reduced

salt & sugar beans to serve

## DIRECTIONS:

- Lightly beat the egg in a shallow bowl along with the milk. Season with salt and black pepper.
- Dip each slice of bread into the egg mixture, making sure it has soaked up all of the liquid. Heat a frying pan over a medium heat and add the butter. Swirl the butter around the pan and when it's beginning to foam, add the bread and fry on each side for 1 min or until golden brown.
- Transfer to a plate and serve with baked beans, fresh fruit or fruit compote.





# EASY OVEN FRITTATA

This twist on a frittata will make a tasty balanced meal for everyone as it contains pasta and vegetables alongside the usual egg needed for a frittata.

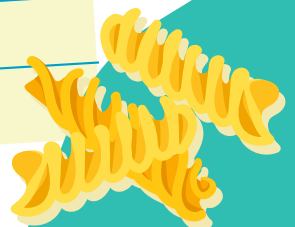
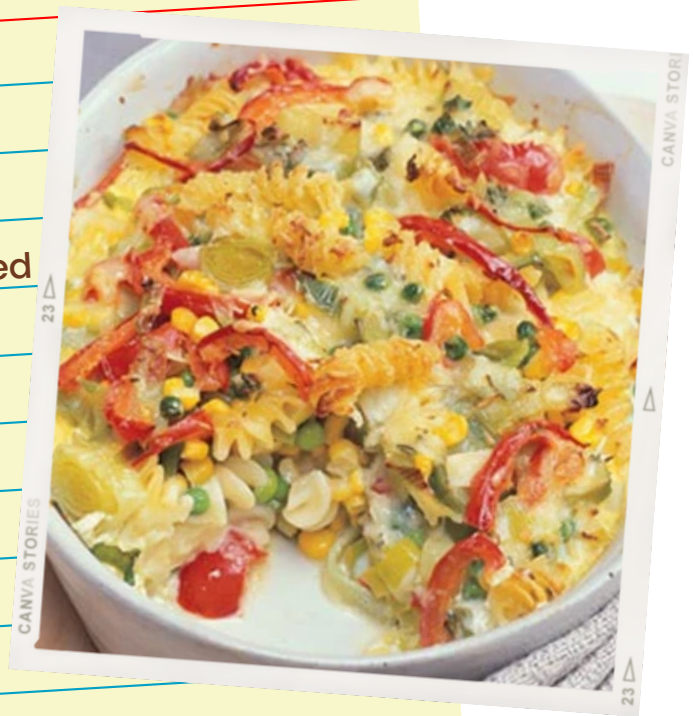
BBC Goodfood Recipe

## INGREDIENTS

- ½ tsp oil
- 85g pasta twists (wholegrain)
- 1 leek or 1 bunch spring onions, chopped
- 85g frozen or canned sweetcorn
- 85g frozen peas
- 1 red pepper, deseeded and chopped
- 2 large eggs
- 150ml semi-skimmed milk
- 1 tbsp dried thyme
- 100g cheddar cheese, grated

## DIRECTIONS:

- Heat oven to 190C/fan 170C/gas 5. Grease a 1.2 litre baking dish with the oil.
- Cook the pasta in boiling water in a large pan for 8 mins. Add all the vegetables and cook for another 2-3 mins until the pasta is tender and the vegetables slightly softened. Drain, then tip into the baking dish and mix well.
- Beat together the eggs and milk in a jug and add the thyme. Add most of the cheese to the egg mixture, then season. Pour into the baking dish, stir gently, then scatter the rest of the cheese on top. Bake for 35-40 mins until set and golden. Cool for a few mins, then serve with a green salad.



# EGG-FRIED RICE

This easy to make rice dish would be great served with a vegetable stir fry in place of a usual take-away meal. Or simply add frozen cooked vegetables and a sprinkle of sesame seeds for a balanced snack or lunch.

BBC Goodfood Recipe

## INGREDIENTS

- 250g long grain rice (wholegrain)
- 3 tbsp vegetable oil
- 1 onion, finely chopped
- 4 eggs, beaten
- 2 spring onions, sliced, to serve

## DIRECTIONS:

- Cook the rice following pack instructions, then drain, spread it out to dry and set aside.
- Heat 2 tbsp of the oil in a large wok or frying pan over a high heat, then add the onion and fry until lightly browned, around 5 mins. Add the rice, stir and toast for about 3 mins, then move to the side of the pan.
- Add the remaining oil, then tip in the egg mixture. Leave to cook a little, then mix in with the rice – stir vigorously to coat the grains or, if you prefer the egg chunkier, allow to set for a little longer before breaking up and stirring through. Tip into a serving bowl and scatter over the spring onion to serve. You can also add sesame oil, ground white pepper and a splash of low salt soy sauce to season.





# INDIAN CURRIED SCRAMBLED EGG (ANDA BHURJI)

Egg bhaji is a simple scrambled egg dish made with spices, egg, and herbs. You can serve it with rice, roti, or bread either toasted or crusty. It is a quick, nutritional lunch or as part of a Sunday "English" breakfast.

## INGREDIENTS

- 2 or 3 eggs
- 2 tablespoon oil
- ½ teaspoon cumin seeds
- 1 medium onion, finely chopped
- 1 green chili, chopped
- 1 teaspoon ginger/garlic paste or fresh ginger or garlic to taste
- 1 teaspoon Garam Masala powder
- 1/8 teaspoon Turmeric
- 2 tablespoons Coriander Leaves, chopped
- ¼ Pepper, cubed, some frozen peas or courgette or finely chopped potato, chopped

## DIRECTIONS:

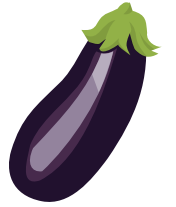
- Break eggs into a bowl and whisk, add turmeric and mix.
- Heat oil in a pan with a medium heat setting, add cumin seeds and after 1 minute roasting, add onions, chili, and fry until golden.
- Add ginger, garlic, and peppers (plus vegetables of your choice) and fry for 2 to 3 minutes.
- Lower the heat setting - Pour eggs into the pan and stir into the sauteed mix and stir well for a minute or 2. Do not overcook, keep them light and fluffy. Take off the heat.
- Garnish with coriander, garam masala and red chili powder, if using.
- Serve with rice; toasted bread or crusty bread or filling for a sandwich; roti and in a wrap with salad.







# EGGPLANT CURRY



Using 'creative license' we have sneaked this recipe in as we appreciate some children and their families may be vegetarian/vegan therefore a traditional 'egg' may not be appropriate and we wanted to be inclusive. However, we didn't want to depart from our egg theme...so yes you've guessed it...we are going with an 'Eggplant' recipe (strictly speaking this is an American term for what we in the UK call Aubergine...but shhh...don't tell anyone)! Recipe from BBC Good Food website

## INGREDIENTS

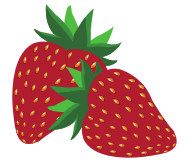
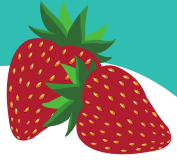
- 600g baby aubergines, sliced into rounds
- 3 tbsp olive oil
- 2 onions, finely sliced
- 2 garlic cloves, crushed
- 1 tsp garam masala
- 1 tsp turmeric
- 1 tsp ground coriander
- 400ml can chopped tomatoes
- 400ml can coconut milk
- pinch of sugar (optional)
- ½ small pack coriander, roughly chopped
- rice or chapatis, to serve



## DIRECTIONS:

- Heat oven to 200C/180C fan/gas 6. Toss the aubergines in a roasting tin with 2 tbsp olive oil, season well and spread out. Roast for 20 mins or until dark golden and soft.
- Heat the remaining oil in an ovenproof pan or flameproof casserole dish and cook the onions over a medium heat for 5-6 mins until softening. Stir in the garlic and spices, for a few mins until the spices release their aromas.
- Tip in the tomatoes, coconut milk and roasted aubergines, and bring to a gentle simmer. Simmer for 20-25 mins, removing the lid for the final 5 mins to thicken the sauce. Add a little seasoning if you like, and a pinch of sugar if it needs it. Stir through most of the coriander. Serve over rice or with chapatis, scattering with the remaining coriander.





# FRUIT KEBABS

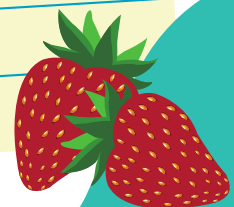
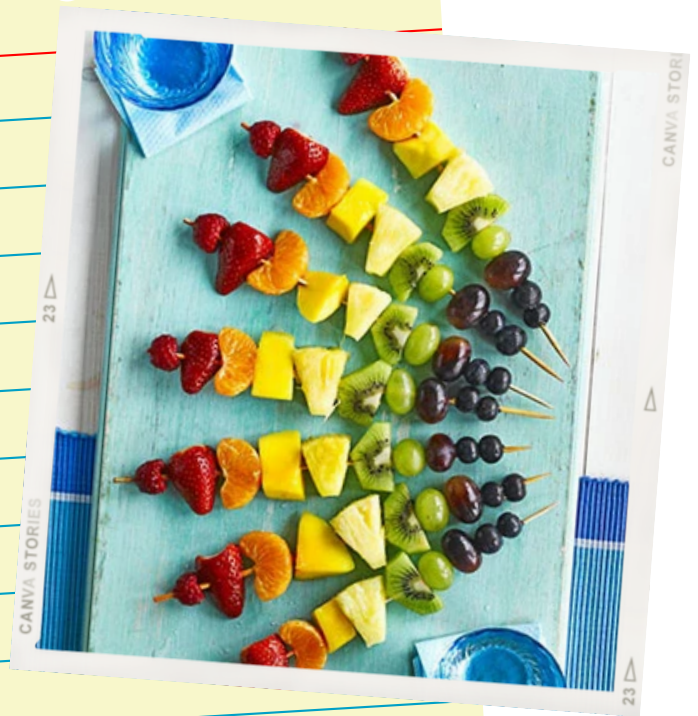
These vitamin-packed fruit skewers are a simple, colourful and fun way to get kids to eat fruit. They'll love helping to make them too  
BBC Goodfood Recipe

## INGREDIENTS

- 7 raspberries
- 7 hulled strawberries
- 7 tangerine segments
- 7 cubes peeled mango
- 7 peeled pineapple chunks
- 7 peeled kiwi fruit chunks
- 7 green grapes
- 7 red grapes
- 14 blueberries
- 7 cubes dark or milk chocolate melted

## DIRECTIONS:

- Take 7 wooden skewers and thread the following fruit onto each – 1 raspberry, 1 hulled strawberry, 1 tangerine segment, 1 cube of peeled mango, 1 chunk of peeled pineapple, 1 chunk of peeled kiwi, 1 green and 1 red grape, and finish off with 2 blueberries. Arrange in a rainbow shape, drizzle with a small amount of melted dark or milk chocolate if you wish.





# CHOCOLATE CRISPY BUNS



Crispy buns are a fun activity using 'treat' foods however the amount of chocolate per one serving is significantly less than offering a chocolate bar or chocolate egg

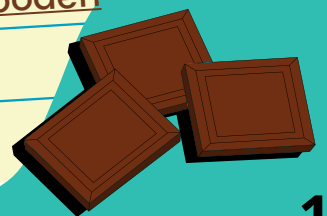
## INGREDIENTS

Makes 12

- 100g milk or dark chocolate, broken into chunks
- 100g cornflakes/high fibre cereal

## DIRECTIONS:

- **Children:** Weigh out the ingredients. Older children can do this by themselves with supervision and little ones can help to pour or spoon ingredients into the weighing scales. Put 100g milk or dark chocolate, broken into chunks in a microwavable bowl. Put 100g cornflakes in another large bowl.
- **Grown ups:** Melt the chocolate by placing the microwavable bowl over a saucepan of hot water melt on over a low heat or place briefly in the microwave. Allow to cool a little before pouring over the cornflakes.
- **Children:** Stir the ingredients together gently using a wooden spoon. Spoon the mixture into 12 cupcake cases and refrigerate until set





# Food Hygiene Tips for Cooking Enrichment

It is very important to ensure you adhere to some fundamental protocols when engaging in any activity involving food to be consumed. You must consider good food hygiene practice from start to finish.

Below are some basic fundamentals:

- Always carry out dietary screening to ensure allergies and intolerances are known in advance (just like you are required to do for the core meal offer). Try to adapt the recipe if feasible to suit those children (where this isn't feasible then those children would maybe be better with an alternative enrichment activity such as 'growing'). Your facility or staff/volunteer capacity may only allow for a small group of children to prepare, cook food at any given session...it does not have to be all of them if this causes difficulties (especially if you have the maximum 30 places filled)
- If purchasing the food in advance please use cool bags for transporting any chilled/frozen items from the store/supplier to the facility. Then refrigerate or freeze as soon as possible until required (raw meats on the bottom)
- Check all foods are in date before purchase ('use before' date is essential as equates to food safety and usually seen on chilled/perishable foods with short shelf lives). Think about the date you will be using it and allow the longest shelf period the store has available. Although 'Best Before' -is more about the quality of the food (not necessarily at its best beyond the date stated-but is safe to eat) we do not recommend purchasing out of date stock.
- If you are receiving an online delivery-check dates and quality of food/packaging
- please carry out the usual risk assessments regarding using knives, hot stoves etc.





# Food Hygiene Tips for Cooking Enrichment

- It is very important to wash hands often when handling food- from storing away all the way through to cooking, serving, eating (and this is important for children participating-they will need access to hand washing facilities-there are creative ways to do this even if limited facilities and cooking outside)
- Wipe down all work surfaces with clean cloths and anti-bacterial spray/wipes before the cooking activity commences and ensure all utensils and equipment you are using are clean
- Request any staff/volunteers/children with longer hair tie it back
- If aprons available that's a bonus-ensure they are clean (be careful of disposable plastic ones however as they can melt if too close to a heat source)
- Avoid cross contamination of raw/cooked foods by using separate chopping boards/utensils/bowls etc and perhaps preparing at different workspaces. Essential if someone has a particular food allergy who is participating (mentioned earlier). Just on that point -as standard protocol we would not recommend using any recipes that contain nuts
- Any raw meats need to be cooked thoroughly - any juice should run clear and no pink within the meat
- Be careful with BBQ's ensure NO pink meat with processed items e.g. burgers and sausages (only use good quality products with high meat/fish content)
- If children are engaging with a cooking activity we recommend communal eating of a meal/tasters etc. We do not recommend sending left-overs home with children- all food should be consumed on the premises



# Goody Bags

To complement this April's Eggciting egg theme we are suggesting you consider putting together a goody bag to enhance cooking and growing skills. We are suggesting these are sent home with each child to continue their learning and activity in a family setting. We felt this was appropriate for all children-even if observing Ramadan this April.

The Kirklees HAF panel will give up to £10 per goody bag in additional funding to create something similar to what is outlined below. Please [complete the 'HAF April Goody Bag funding request form'](#) to be considered for this additional funding. We can fund a total of 1,000 goody bags only. Receipts should be provided.

We have provided two goody bag suggestions for this April:

1. Cooking activity: How to boil an egg plus equipment
2. Growing activity: Growing carrots from seed and a how to guide

You may decide you can only give goody bags to one cohort of children on one day of provision or have capacity for all children across several days (avoiding duplicates to the same children). It could even be an enrichment activity with the children-they make up their own goody bags. You may have to consider your availability of storage space when factoring this in. Please try and make goody bags appealing for the children using paper bags and labels where feasible.

## Goody Bag: Cooking activity

- A pack of 6 free-range eggs (consider wrapping a single layer of bubble wrap around the box and securing the end with Celotape if really young children-rolls are very inexpensive from places such as Home Bargains).
- An egg cup...Amazon have some really inexpensive multi pack options that are more cost effective than purchasing single ones & acrylic pens are a great idea to allow the children to decorate them as they wish.
- An egg-timer gadget to help them to make that perfect boiled egg at home whether their preference is soft, medium or hard yoke.
- A copy of the 'How to boil an egg' recipe sheet
- Provide suggestions on how to serve a boiled egg: Sandwich, salad, egg mayonaise etc.
- Food safety guidance, cooked eggs should always be eaten straight away once cooked or cooled and stored safely in a fridge for up to 2 days.

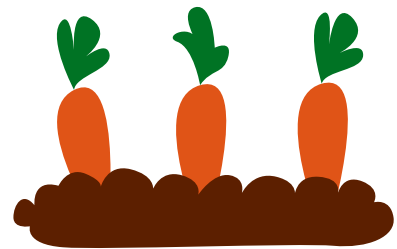


# Goody Bag: Growing Activity

For any children that have an egg allergy and/or you prefer to give a goody bag that encourages a growing activity rather than a cooking activity then how about a carrot kit. April is the perfect time of year for planting the seeds and the carrot is synonymous with the Bunny Rabbit for those children celebrating Easter.

Below is a suggestion of what you would need to make up your own growing kit with an April theme:

- A paper gift bag
- A packet of carrot seeds (many of the discount stores have them from around £1 a pack if you can stretch to organic seeds even better)
- A small plant-pot each (or see GrowToSchool ideas on how to use recycled food packaging for planting seeds)
- A plastic zip lock bag (to provide each goody bag with a portion of soil decanted in)
- Compost (to fill plant pot size). The larger bags (50L) are more cost effective but can be heavy to lift/carry and manoeuvre. Some 10L bags are available. It doesn't have to be an expensive name brand- B&Q do their own Verve brand for example. We recommend peat free if possible as it's more environmentally friendly. Check suitable for growing seedlings/vegetables before purchasing
- An instruction sheet about how to plant a carrot seed and grow carrots is provided by GrowToSchool
- Recipe suggestions for carrots if possible or encourage them to be thoroughly washed & snacked on raw. Home grown food tastes even more delicious!



# Visits, Talks & Food Education

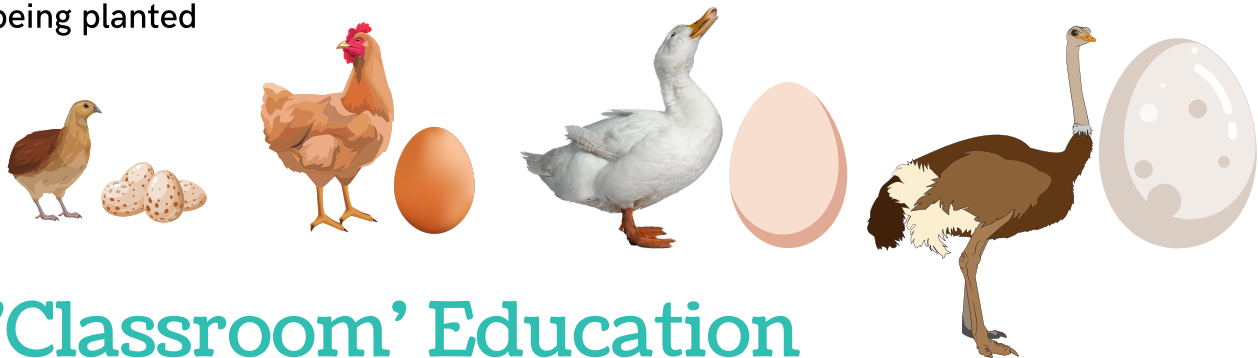
There are 4 elements we have set out with regards to addressing food education and nutrition literacy for our Kirklees HAF Programme 2022-2025:

Cooking   Growing   Visits/Talks   Educational Classroom Type Activity

These elements of the HAF programme are integral to the key outcomes for the children and their families. During the summer holiday period, it will be expected that 3 of the 4 elements listed above are included across the 4 week provision.

Consider any local small holdings where there are open access/visits related to egg laying hens -or a farm shop visit to go purchase free range eggs for the goody bags with some children.

A visit to a local allotment where carrots and anything ready for sowing now is being planted



## 'Classroom' Education

If visits aren't feasible-can someone from these organisations/companies come on site to talk to children and young people about what they do and how they do it.

For this upcoming holiday an activity that involves designing a sheet all about 'egg facts' would be a good example of 'classroom' type activity.

The children can research some basic facts on the internet for example or from borrowing a library book. Information could include the nutritional composition of an egg, types of eggs that are edible (some people eat duck or quail eggs for example. Eggs from various bird species differs dramatically in size (eg the Ostrich egg is the world's largest egg). This can include some writing/designing and drawing or finding images to complement their fact sheet or poster.

The activity can be tailored to the age group and ability of the children...nothing too academic or mentally taxing (School is out remember)! It needs to be interesting and fun, think of how to make it interactive and creative if you can.



# Best Practice/Standards for Food Education & Nutrition Literacy Enrichment Activity

The Kirklees HAF Board want to have a supportive approach towards all our Providers delivering holiday schemes funded from the Department for Education (DfE) held budget.

This e-resource is part of that 'support' package-giving guidance and suggestions on how you can begin to start embedding the wider aims of the National DfE Programme (and in creative ways).

Although this e-resource has an 'egg theme' the underlying principles based on the 4 suggested elements: Cooking, growing, visits/talks and educational classroom style of activity should be adopted and become integral in the design of future HAF sessions beginning in Summer 2022-Festive Season Dec 2025.

We would therefore encourage all of you to integrate at least one of the 4 elements into your upcoming April provision as a stepping-stone you can build on in stages over the months and years.

Going forward, the Kirklees HAF panel will give preference to funding those Providers who can demonstrate they have imbedded quality 'enrichment' (including food and nutrition) into their session design.

We are still finalising our approach as this document is to be made available (giving you time to plan for April) however it is very likely that our standards from Summer 2022 will look something like this:

## Gold Standard

All of the 4 elements incorporated over the period you are being funded for

## Silver Standard

At least 3 of the 4 elements incorporated over the period you are being funded for

## Bronze Standard

At least 2 of the 4 elements incorporated over the period you are being funded for

From all of the HAF and the  
FINE team...

Enjoy your

EGGTASTIC HOLIDAY



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