

Primary Added Value: The COVID Safe Way

Added Value is a big part of **what we do**. Therefore, it's important now more than ever that we still offer **food and nutrition education** in a fun and safe way. We want to reassure you that what we do will be **COVID safe**.

There will be 3 ways added value will be presented:

- 1 **Face to Face**
- 2 **Virtually**
- 3 **Resource Packs**



Beyond the Chartwells Kitchen

BTCK is our food and nutrition education programme linking into key subject curriculum in school such as PSHE, PE, Geography & Science. All of these modules are available for Primary schools and can be delivered face-to-face or virtually.



EAT: Healthier Food

INVESTIGATING INGREDIENTS

A closer look at the food we eat, where it comes from and the many benefits it brings to our lives. Then back to basics using simple, fresh ingredients to discover the joys of real food.

GLOBAL FLAVOURS

Exploring cultures through food. Encouraging pupils to taste and appreciate a variety of exciting food from around the world, such as the tasty dishes served from the Chartwells kitchens.

LEARN: Healthier Lives

FIT FOOD

Fuelling goals and aspirations with a focus on the nutritional power of food. We encourage pupils to eat for results rather than instant gratification.

BALANCE

Nourishing our bodies and encouraging a balanced lifestyle. Taking a holistic approach to wellbeing and understanding the importance of nutrients, hydration, sleep, and much more.

LIVE: Healthier Futures

MY YOUNG MIND

Learning how to nourish our bodies and minds. Taking a holistic approach to wellbeing. This is a feel good module.

FUTURE FOOD

Seeing the bigger picture by understanding the need for sustainable approaches to food for the future of our planet. Giving pupils a deeper understanding of the real value of food.

Curriculum Based Education, Interactive Activities, The Super Yummy Kitchen Videos, Quizzes, Games, Experiments, Competitions, Challenges and much more!

Whats next?

- ★ Let us know if you would like to book in added value workshops.
- ★ You can book sessions in through your Regional Manager, Nutritionist, or Food Ambassador.
- ★ We will support you with your booking and explain the different options available.
- ★ After a request is made, we will send you our checklist which will confirm if it is safe to hold workshops face to face, or if it would be safer virtually.