

Vegan cookery demonstrations



Our free cookery demonstrations are a fun and interactive way for your primary pupils to learn about the vegan lifestyle and sample a delicious homecooked vegan meal.

Your pupils will discuss some of the reasons for choosing a vegan or vegetarian diet including health, sustainability and animal welfare. All our demonstrators are vetted and trained to approach these issues in a sensitive, age-appropriate way.

We cover the cost of all ingredients and if your school doesn't have a cookery classroom we provide all cooking, serving and cleaning equipment.

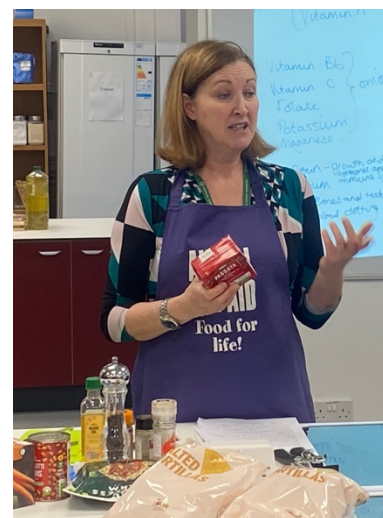
What form do the sessions take?

We can tailor the sessions to suit your needs depending on time available and your individual requirements. Most sessions run for between one and two hours.

The cookery demonstration usually takes around 20 minutes. Our speakers are not professional chefs and will cook a simple, crowd-pleasing vegan spaghetti bolognese or chilli.

Our speaker will explain the reasons why people choose a plant-based diet and show examples of the foods that vegetarians and vegans eat to obtain a healthy balanced diet.

We have activities suitable for both primary Key Stages, such as our "vegan or not" food quiz or a fun mystery food game where children explore the shapes and textures of different foods.



"I have heard amazing things about the sessions, the children and staff loved it! Honestly children were talking about it all day. Many of the parents also commented that they had been asked by their kids to cook the recipes! It really did create a buzz around school."

Mrs Penfold, Year 4 teacher

"All staff and students who were involved in the workshop thoroughly enjoyed it. The vegan talk was interesting and informative."

Ms Ullah, Primary Science Coordinator