

# 'What's Cooking?'

Never before have people in the UK been so aware of obesity – whether through the media, government policy, public health forecasts or research. To address this issue, the government recently announced that, from 2011, every 11 to 14 year old will be given hands-on cooking lessons in how to make healthy dishes from simple, fresh ingredients that are good value for money.

What's Cooking? is an out-of-school-hours learning programme for 11 to 14 year olds. It uses innovative and challenging ways of engaging young people, their families and their wider communities in the whole process of food sourcing, preparation and healthy eating. The programme aims to help children and young people choose, cook and eat safe, healthy food – and provides an opportunity for them to learn about food in an enjoyable and engaging way.

What's Cooking? helps young people to develop the food skills and knowledge identified in the Food Standards Agency's Food Competencies. The Competencies Framework is presented in four themes:

- diet and health
- consumer awareness
- cooking (food preparation/handling skills)
- food hygiene and safety.

What's Cooking? clubs offer opportunities for work in these key areas:

- planning balanced meals and food budgeting
- food shopping
- reading and understanding food labelling

- awareness of issues related to the environment and food miles
- the safe storage and preparation of food
- the safe and creative cooking of food
- the meal environment
- wider healthy eating issues.

*What's Cooking? A guide to setting up and running community and school food clubs*, produced by ContinYou on behalf of the Food Standards Agency, is a useful guide for anyone who wants to help young people learn more about food, and how to prepare, cook and enjoy healthy and appetising meals. Download a copy now from

[www.tinyurl.com/52ks98](http://www.tinyurl.com/52ks98).

A range of case studies, including how to incorporate physical activity into your cookery club, can be found at

[www.continyou.org.uk/whatscookingnat](http://www.continyou.org.uk/whatscookingnat).



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