

Cook it!

fun, fast food for less



What is Cook It!?

Cook it! is a practical cooking skills programme, promoting healthy eating, particularly where cost is a consideration. It can be used with a wide range of groups, from youth clubs to older people in day care groups .

What takes place in a Cook It! programme?

The Cook It! dietitian and development officer will train the 'tutor' in a two day training session, who in turn will deliver the programme to their community/ group. Once trained the tutor will deliver a course of six sessions covering healthy eating, food hygiene and practical hands-on cookery. The sessions and their content are as follows:

SESSION ONE: HEALTH ON A PLATE

- Introduction to the Eatwell Plate
- The five food groups
- Basic food hygiene

SESSION TWO: FIND OUT ABOUT FIBRE

- Bread, other cereals and potatoes group
- Fibre and vitamins
- Practical cookery

SESSION THREE: FABULOUS FRUIT AND VEGETABLES

- Fruit and vegetable group
- Eating five a day
- Practical cookery

SESSION FOUR: COUNTING ON CALCIUM

- Milk and milk product groups
- Calcium
- Practical cookery

SESSION FIVE: PROTEIN PROVIDERS

- Meat, fish and alternatives
- Protein, Iron, Vitamin B₁₂
- Vegetarian alternatives
- Practical cookery

SESSION SIX: A LITTLE BIT OF WHAT YOU FANCY!!

- Foods containing fat and foods containing sugar
- Fat and sugar contents of foods
- Food labelling
- Practical Cookery

Where does Cook It! take place?

Cook It! courses are delivered throughout Northern Ireland. Suitable venues include community centres, healthy living centres, SureStart and Family centres and Church halls. If your organisation is interested in running Cook It! you will need access to a venue which has a kitchen, cooker, fridge and hot water. A trained Cook It! tutor will be required to facilitate the programme.

Who can deliver Cook It!?

Cook It! is delivered by tutors who have completed the Cook It! training course. These tutors are recruited from community and voluntary groups.

How can I become a Cook It! tutor?

Training is organised and delivered by the Cook It! team with input from Environmental Health Officers and other Cook It! tutors.

Training lasts two days and covers the principles of healthy eating using the *Eatwell Plate* model, food hygiene, kitchen safety, group skills and problem solving. The sessions are designed to be practical and fun.

Refresher training and updates for Cook It! tutors are also organised by the Cook It! team.

Who is Cook It! for?

Cook It! is suitable for use with a wide variety of groups:

- Women's and Men's groups
- Older people in sheltered accommodation or day care groups
- Residents in homeless hostels
- Mother and toddler groups
- Young/Single parents
- Young people leaving resident care
- Youth clubs
- Offenders during rehabilitation programmes
- Adults with mental health problems
- And more...

Cook It! is **NOT** designed for use with children, frail elderly people or people with some conditions requiring specialist dietary advice.

For further information please contact:

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