

Summer Update



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UPCOMING TRAINING DATES

I CAN COOK IT!

June 2016
Ballymena

October 2017
Mid Ulster

January 2018
Newtownabbey

COOK IT!

September 2017,
Mid Ulster

November 2017
Ballymoney

February 2018
Newtownabbey

FOOD VALUES

June 2017
Ballymoney

September 2017
Randalstown

March 2018
Newtownabbey

Please Contact the Cook it! team ASAP if you are interested in attending training

Brand New
Black and
Minority Ethnic
Module



Are you
interested in
training?
Get in contact

See
page 5

WELCOME

Thank you to all those who have run a Cook it!, I Can Cook it!, Food values programmes or took part in the Little Allotment project since our last issue!

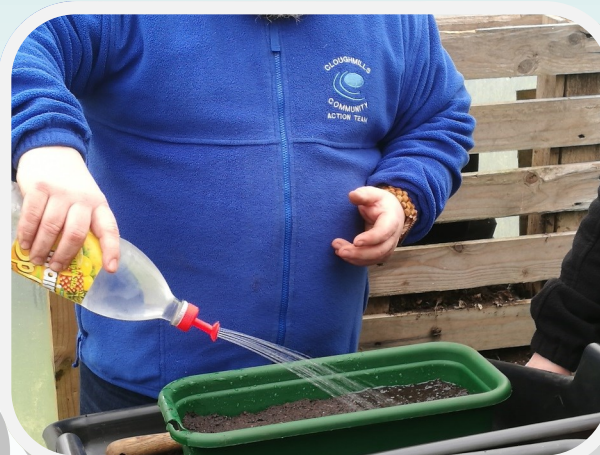
Thank you to all those who have completed Cook it!, I Can Cook it and Food Values Training since ours last issue!



Little Allotment Project 2017



In 2017 the Cook it! team were fortunate enough, to be able to build upon the previous 2 successful years of the Little Allotment Project. This year we were lucky to work in partnership with Patrick Frew, from Cloughmills Community Action Team. Who not only imparted his expertise, but showed his infectious enthusiasm for all things **Grow Your Own**.



For further information:

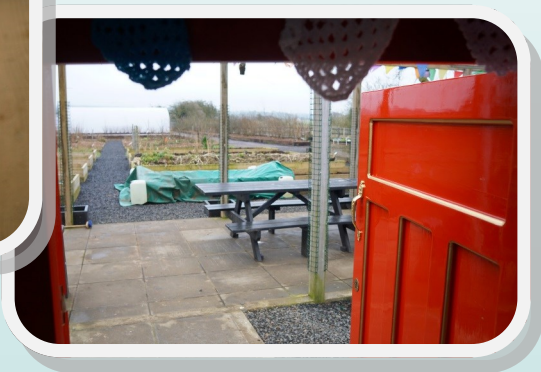
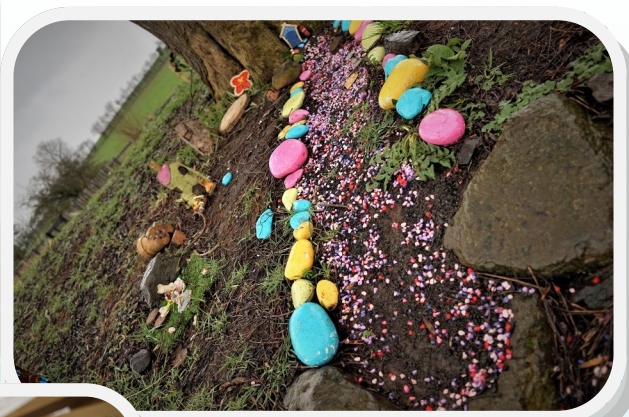
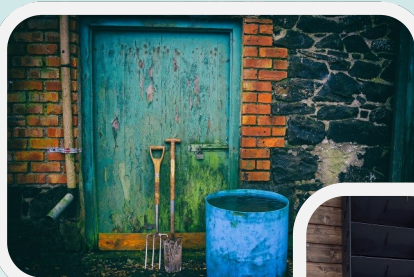
<http://www.seedaholic.com/>

<https://www.rocketgardens.co.uk/>

<https://www.rhs.org.uk/advice/beginners-guide>

<https://www.rhs.org.uk/education-learning/gardening-children-schools>

<https://schoolgardening.rhs.org.uk/home>



**Trust a
Dietitian**

Dietitian's Week 2017

12th -16th June

**Eat Fact
Not
Fiction**

Evidence and expertise

Why not support us in spreading the word about the work of Dietitians? This year is our 4th year celebrating Dietitians Week. The focus this year is "Evidence and expertise" and aims to highlight the importance of an evidence based approach, whilst showing Dietitians are the best placed interpreters of nutrition evidence.

A recent study looking at the source of nutritional advice on the topic of Saturated fats, on social media revealed, non-professionals were the highest majority (59%) providing information. Some of which can be misleading and not evidence based.

Why not follow the BDA UK to ensure the information you receive is of the highest quality

WEBSITE
www.bda.uk.com

TWITTER
[@BrDieteticAssoc](https://twitter.com/BrDieteticAssoc)

FACEBOOK
British Dietetic
Association

Youtube
British Dietetic

**Forgo
the
FAD**

Diet Focus

Interested in hearing more about Dietitians' opinion on the worst celeb diets this year?

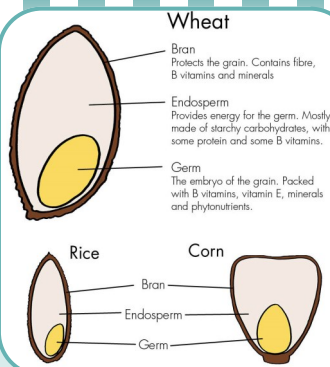
- CLEAN EATING
- DIET PILLS
- TEA TOXES
- 6:1 DIET

For further information see
<https://www.bda.uk.com/news>



Wholesome Wholegrains

Wholegrain cereal will have more nutrients than white. This is because milling to produce fine, white cereal will remove the bran and the endosperm.



There are no specific recommendations in the UK on how often we should have whole grains. Some studies suggest 3 servings per day.

Health benefits

Reduced risk of cardiovascular disease.
Can lower cholesterol.
Promotes healthy gut bacteria.
Improves bowel function and may reduce risk of bowel cancer.
Help with satiety.

How to improve intake

Choose wholegrain versions of bread & cereal, brown rice & pasta

Switch biscuits for wholegrain crackers/rice cakes or oatcakes

Use wholemeal flour instead of white

**1 in 3 people
eat no whole
grains at all**

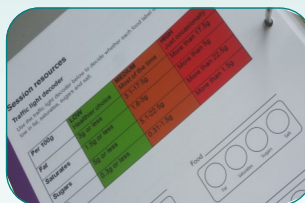
Keeping up-to-date is an integral part of being a facilitator

Manual Exchange!

Do you have an out-of-date manual?



There have been many updates to the Cook it! manuals, get in touch to exchange your old manual. The new manual includes updated Eatwell Guide information, new activities and the new BME module



Tuesday 8th August

Monkstown

10am–12.30pm

Tuesday 15th August

Antrim

10am–12.30pm

Thursday 24th August

Coleraine

10am–12.30pm

Friday 25th August

Cookstown

10am–12.30pm

Please Contact the Cook it! team ASAP to arrange your update

Black and Minority Ethnic Module

Experience food from around the World

Cook it!
is
accessible
for all

It has arrived! Our brand new BME module has been developed to provide tutors with useful information on traditional food, diet trends and recipes for 6 of the main ethnic groups represented in Northern Ireland.

This module is a fantastic resource that will ensure Cook it! tutors are confident they have all the information they need, to advise on healthy eating, for participants attending from these ethnic groups.

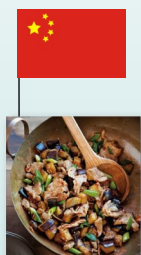
It also gives everyone in the group a chance to try recipes from around the World



Bulgaria:
Shopska salad



Lithuania:
Salticbarsciai



China:
Stir fried pork
and aubergine



Poland:
Tomato soup



South Asia:
Red lentil curry



Eastern Timor:
Malaysian
Satay



HEALTHY LUNCHBOXES

Practical tips for healthy lunchboxes, for all the family



Having the whole family take a healthy lunchbox to school or work can be cost saving and healthy. All it takes is a little pre-planning and preparation. Here are some top tips and ideas to help make your lunchboxes a success.



- Agree lunches for the week in advance.
- Remember to take into account any leftovers from dinners
- Have a good supply of containers or insulated bags.
- Have a bit of fun and be creative with children's lunchboxes
- Offer variety— no-one likes the same thing everyday
- Switch breads— rolls, bread, tortilla wraps, pitta pockets, ciabatta, bagels . Leftovers can be frozen.
- Use a small ice pack or freeze a small bottle of water and this will help keep the lunch cool
- Choose a balance of foods from the 4 main food groups in the Eatwell guide
- Prepare the night before.



LUNCH IDEAS

Fruit Salad

Leftover rice with tinned salmon and salad

Beef, rocket and tomato on Ciabatta

Cheese cubes

Left over curry

Lentil soup & roll

Chicken salad wrap

Veg sticks

Tuna, pepper, sweet corn, onion and pasta

Baked beans & toast

Plain Yogurt & fruit

Mackerel & toast with tomatoes

Pitta Pizzas

RECIPE CORNER

<http://choosetolivebetter.com/content/healthy-recipes>

Rhubarb & ginger baskets

Serves: 8

Time

Preparation time 15 minutes

Cooking time 40 minutes



Ingredients for the filo baskets

- 2 defrosted filo pastry sheets (270g box – wrap leftover pastry and refreeze it)
- 1 egg white
- 25g caster sugar

Ingredients for the filling

- 650g rhubarb, washed, trimmed and cut into chunks
- juice 1 orange
- 2 tablespoons honey
- 2 teaspoons ground ginger
- 75g caster sugar

To serve

- 240g lemon fat-free Greek-style yogurt

Method

1. Preheat oven to 180°C or gas mark 4.
2. To make the filo pastry baskets, lay 2 large sheets of filo pastry onto a work surface. Brush one sheet with egg white, sprinkle with sugar and then place the second sheet of filo pastry on top and smooth to remove any creases.
3. Cut the filo in half horizontally and then make 3 vertical evenly spaced cuts in the pastry. This will give you 8 square pieces.
4. Line 8 individual muffin moulds or 8 holes of a large muffin tray with the squares of pastry to create a basket shape.
5. Bake in the hot oven for 10 minutes until golden and crisp, remove and leave aside to cool.
6. To make the filling, place the rhubarb chunks into a large roasting dish with orange juice, honey, ginger and sugar and bake uncovered for 30 minutes until tender.
7. Remove from the oven and allow the rhubarb to cool slightly before spooning into the filo baskets. Serve with a spoonful of lemon yogurt on the side.

Why not, switch the sugar for sweetener

FOOD STANDARDS AGENCY

Recent news updates on food safety



Acrylamide

The Food Standards Agency (FSA) has launched a campaign to 'Go for Gold', helping people understand how to minimise exposure to a possible carcinogen called acrylamide when cooking at home.

Acrylamide is a chemical that is created when many foods, particularly starchy foods like potatoes and bread, are cooked for long periods at high temperatures, such as when baking, frying,

Go for Gold – as a general rule of thumb, aim for a golden yellow colour or lighter when frying, baking, toasting or roasting starchy foods like potatoes, root vegetables and bread

Pork products

Following media reports, we want to remind consumers of our advice about cooking pork thoroughly. Whole cuts of pork, pork products and offal should be thoroughly cooked until steaming hot throughout, the meat is no longer pink and juices run clear

Source: <https://www.food.gov.uk/northern-ireland/>

We need information from

Please use this as a useful reminder to send us an **evaluation form** and an **equal opportunities form** each time you deliver a programme



Cook it! evaluation form

1. Did you enjoy the Cook it! sessions? Please tick (-)

Yes, all of it ☐ Yes, some of it ☐ No, not at all ☐

What did you enjoy most?

What did you enjoy least?

2. Did the sessions change any of your ideas about healthy eating?

Yes ☐ No ☐

If yes, how?

3. Did the sessions help you put healthy eating into practice?

Yes, a lot ☐ Yes, a little ☐ No, not at all ☐

If yes, how?

If no, what else would have helped you?

4. What, if anything, did you learn from the sessions?

Cook it! and Food Values evaluation forms **every time** you deliver

Found on:
page 126-127 (Cook it!)
page 43-44 (Food Values)

Food Values Budgeting programme
Resource sheet 10

EVALUATION FORM

VENUE: _____ DATE: _____

1. How useful did you find the Food Values programme?
(5 = extremely useful, 1 = not at all useful)

5 4 3 2 1

2. Which session did you enjoy most? Tick one

Session 1: Shopping Savvy!	
Session 2: Preparing to shop	
Session 3: The cost of convenience	
Session 4: Look before you buy!	

3. How useful did you find these aspects of Food Values?
(5 = extremely useful, 1 = not at all useful)

5 4 3 2 1

a) Reviewing your food spending ☐ ☐ ☐ ☐ ☐

b) Comparing prices ☐ ☐ ☐ ☐ ☐

c) Writing a shopping list ☐ ☐ ☐ ☐ ☐

d) Planning meals ☐ ☐ ☐ ☐ ☐

e) Store cupboard ☐ ☐ ☐ ☐ ☐

f) Looking at cost of convenience foods ☐ ☐ ☐ ☐ ☐

g) Practical shopping activities ☐ ☐ ☐ ☐ ☐

4. What changes have you made to the way you budget for food?

2. Equal opportunities forms

Completed by every participant, on every programme.

This is essential to allow us to monitor the programme delivery in more detail and allows us to identify areas with low representation—i.e. males

Access these via the Cook it! team



Equal Opportunities Questionnaire

Please complete and return to your cook it! tutor. (Any information given on this form is strictly confidential and will only be used for compiling statistics)

Group: _____ Dates of sessions: _____

Home Postcode: _____

Gender: Male ☐ Female ☐

Marital Status: Single ☐ Married ☐
Separated ☐ Divorced ☐
Widowed ☐ Cohabiting ☐

Age range: 16-24 ☐ 25-44 ☐ 45-64 ☐ 65+ ☐

Employment Status: Full-time ☐ Part-time ☐ Unemployed ☐

Ethnicity: White ☐ Chinese ☐
Pakistani ☐ Indian ☐
Black Caribbean ☐ Bangladeshi ☐
Black African ☐ Black Other ☐
Mixed Ethnic Group ☐ Other Ethnic Group ☐
Irish Traveller ☐ Please specify: _____

Do you have any disabilities? Yes ☐ No ☐

If yes: Physical Disability ☐ Mental illness ☐ Learning Disability ☐ Other ☐

Religious Affiliation: Protestant Community ☐ Catholic Community ☐ Other, Please specify: _____

Caring Responsibilities: No caring responsibilities ☐
Care for other relative ☐
Care for own children ☐
Other ☐
Please specify: _____



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Have a lovely
summer, from
the Cook it!
team

