

Research

Suggests what we eat affects not only physical health but mental health and behaviour including mood, concentration and even how we react to stress

Course content

Is based on the Eat Well Plate model to explore the principles of a healthy diet and how this can be put into practice on a budget with limited facilities.

Combination

Of healthy eating advice and practical food preparation skills

Open to anyone

Who would like to improve their knowledge of healthy eating, brush up on or learn new cookery skills and reduce food waste.



Clients

Have chance to put the information into practice with a range of easy, affordable and healthy recipes

Evaluation

Measures are used to assess whether participation increases knowledge and skills around healthy eating, shopping, reducing food waste and cooking before and after the course.

Course duration

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(2 x 4 hour sessions)

Certificate

On completion of the course clients receive a certificate of attendance and have access to a range of healthy recipes via the Food Inside Out web site

Food Booklet

On completion of the course clients receive a free copy of TMTP Food Tips Booklet

Professionals

The Cook Smart, Eat Well course is delivered by professionals:



Beverley Campbell
Food Technology
Teacher



Sue Baic
Registered
Dietician



Sandy Johnson
Public Health
Nutritionist

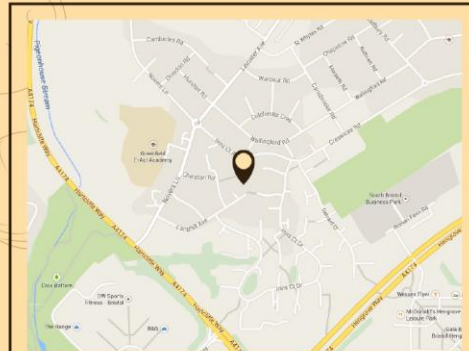
In addition to the practical cooking element, course content covers:

- Planning meals & shopping inc. use of less perishable food (tinned and frozen)
- Understanding date and nutrition labelling
- Correct food storage
- Portioning
- Use of leftovers/forgotten foods

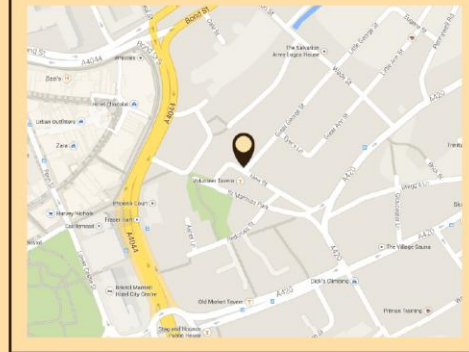
How to book

How to book a place for your client:
Send an e-mail ref 'Cook Smart' with your client name and contact details to:
cooksmart@the-matthew-tree-project.org
Once you have completed the booking procedure and have received confirmation from us, please complete a TMTP referral voucher and give it to the client to bring with them to the course.

The Matthew Tree Project - Community Kitchen
Inns Court Centre, 1 Marshall Walk, Inns Court, Bristol BS4 1TR



Locations



The Matthew Tree Project - Great George Street Mission
Great George Street, St Jude's, Bristol BS2 9ED