

Healthy Eating Demonstration at Channing School: Thursday 4th March 2010

Pupils at Channing School enjoyed an interactive healthy eating cooking demonstration by ISCC Chef Chris Stanley, who was supported by the school's onsite Catering Manager Judith Hibbert.

The event was commissioned by Bursar Roy Hill as part of the school's Healthy Eating Week and was held during PSHE lessons as well as during the pupils' lunch break.

To begin, pupils were given a juice shot to taste and asked to name the fruits that they could detect. The juice was predominantly made of apple and pomegranate but was also infused with cinnamon, vanilla or mint. This added a slight twist that some of the girls were quick to spot. Chris explained that the juice was partly to clear their palate to experience further samples that were to come.



The next sample was that of edamame beans that had been dried and roasted into a tasty snack. The girls were mostly familiar with these beans and had tried them before. They also tried them raw so they could taste the difference between the two. Chris explained that they were a good source of protein, dietary fibre, calcium and iron and were a brilliant alternative to crisps or nuts. Edamame beans are widely used in Wagamama's menu and the pupils had been customers of this restaurant.

Chris moved on to a live wok stir fry demonstration with a recipe which featured the edamame beans, petit pois, ginger, garlic, sweetcorn and lemon grass. The girls asked questions as Chris cooked using an induction hob that works through using magnetism (especially safe for this environment).

Samples were handed round and the girls were offered little spoons with the colourful stir fry.

The pupils then discussed the following teaser questions:

1. What is the world's best selling sandwich and why?
2. What is the one flavour we eat all of the time but cannot taste?
3. Why is fillet steak the most tender steak to eat?

The event was a huge success and the girls are definitely looking forward to the next event.

