



‘The Big Norfolk Food Event’

Food Festival for Secondary and Special schools

Royal Norfolk Showground 15th October 2008

We are inviting you to take part in this **First Ever** event for secondary aged pupils, which is being organised by Norfolk Healthy Schools. This will be taking place at the **Royal Norfolk Showground, Exhibition Hall** on **Wednesday 15th October 2008** from **10am-2.30pm**. This is a **FREE** event for schools, however you will need to organise your own transport and supply cover.

What is this day about?

The aim of the day is to provide a fun and interactive experience which will inform, inspire and educate students about all aspects of food, from its **production to consumption** and how it affects all our health and wellbeing. The students will then be able to take their new found knowledge back to school to share with others and to help develop a range of food related activities.

What will the day entail?

There will be a range of interactive experiences to engage the students. These will include cookery demonstrations and tasting events, learning more about different foods and their origins. A dietitian will be leading activities that explore the link between nutrition and sport and also how our diet affects how we look and feel. We have also invited local and national food producers/retailers to share their expertise. Students will also have the opportunity to find out about the work of chefs, farmers and others who work in the food industry and of course we will be providing lunch!

Everyone should return to school with a wealth of useful information, recipes and activities that can be used in school and beyond.

Who should attend

All Norfolk high schools will be invited to send ten representatives in total. Special Schools are invited to bring along secondary age pupils. This could comprise some, or all, of the school council, or SNAG group. Appropriate and interested staff, for example your catering manager, food tech teacher or Healthy Schools Coordinator, should accompany the students.

What to do now and how to book:

We would really like to know, as soon as possible how many schools will be attending. Please complete and return the attached form to express an interest and return this as soon as possible **but no later than 30th June.**

- **Places will be allocated on a first come first served basis so we encourage you to reply as soon as possible.**
- **Provisional places will be allocated on receipt of your booking form and we will contact you nearer the time with more detailed information regarding the day.**
- **It would be helpful if you would coordinate your response to ensure that only one form is submitted as this letter has been sent to other colleagues in your school.**

If you require any further information about this exciting day we would be pleased to hear from you. Contact the team on 01603 221809 or via email louise.flynn@norfolk.nhs.uk.

Healthy Norfolk Schools
Transforming School Food Project coordinator.
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Please reply no later than
30th June 2008
To: Louise Flynn

FAX: 01603 221835

Expression of interest form:

‘The Big Norfolk Food Event’
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Royal Norfolk Show ground 15th October 2008

School Name: _____

Yes we are interested in attending “The Big Norfolk Food Event”

No we will not be attending “The Big Norfolk Food Event”

Contact name: _____

Email address: _____

Telephone Number: _____

Estimated number of delegates from your school (Maximum 10): _____

Post or fax your booking form to **Louise Flynn** at:

FAX: 01603 221835

Address:

Transforming School Food,
Kestrel House, White Lodge Business Park,
Hall Road, Norwich, NR4 6DG

Email: louise.flynn@norfolk.nhs.uk