



Case Study: ATTFE College Fun Together Cooking Sessions

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As part of the ATTFE College Fun Together Strategy, a six-week cooking programme was delivered at Abbey Hill Primary and Nursery School in Coxmoor, Kirkby-in-Ashfield. The sessions took place every Tuesday from 1:00 PM to 3:00 PM, running from the 7th of January to the 11th of February 2025. The programme engaged eight children, aged five and six, along with eight parents, providing a valuable opportunity for families to bond while learning essential cooking skills.

The primary objectives of the cooking sessions were to encourage parents and children to work together to create delicious meals, introduce children to new foods, and improve confidence in the kitchen. Additionally, the sessions aimed to provide a safe and supportive space for families to bond, collaborate, and discover new foods together.

Each week, parents and children participated in hands-on cooking activities, preparing a variety of meals including fruit kebabs, smoothies, homemade pizzas, wraps, coleslaw, scones, and pasta dishes. As a special treat in the final session, participants made shortbread biscuits.

To reinforce learning and encourage continued cooking at home, each child received a recipe book to document their weekly experiences. They recorded ingredients, wrote down the preparation methods, and illustrated their creations. By the end of the programme, families had a collection of recipes they could use to recreate meals at home.



The programme received overwhelmingly positive feedback from both parents and children. Many parents shared how the sessions helped their children become more open to trying new foods, with one parent commenting, "My child would never try a pasta salad before, never mind eat the whole bowl for her tea!" Another parent noted, "We've been able to introduce new foods at home now." Others highlighted the confidence and enthusiasm their children had gained, stating, "We have thoroughly enjoyed it," and "I think we are going to be more adventurous with food."





Building on the success of this initiative, the cooking sessions will be delivered again starting March 4th, with a new group of parents and children. This time, the opportunity will be offered to a different year group, ensuring more families can benefit from the experience. ATTFE College is committed to maintaining its partnership with Abbey Hill Primary and Nursery School, recognizing the significant impact these sessions have on family engagement, confidence in cooking, and the introduction of new, healthy eating habits.

This initiative continues to demonstrate the value of hands-on learning, fostering stronger family connections and promoting healthier lifestyles within the community.

