



Northumberland County Council Press Releases

Childhood Obesity Tackled Through Whole Year Cookery

10 July 2008

The County Council is tackling childhood obesity through a special programme at an Ashington school. The initiative sees an entire yeargroup receiving tuition on cooking and eating healthy food, culminating in them sharing what they've learned at a fundraiser open day on Friday.

Year Four pupils at Ashington Hawthorne Church of England School have been working with the Extended Schools programme. Each child has received a cooking lesson to get them excited about preparing healthy food, and on Friday 11 July will be selling food they've cooked themselves at a school fundraiser open day.

Amanda Elliott, Unit Manager, Northumberland County Council, said: "Obviously childhood obesity is a big issue these days, and we were keen to find a way to encourage children to make healthy choices for themselves. It's been fabulous working with the children in this way, because it's not just giving a list of do's and don'ts but actually getting them to enjoy and appreciate good healthy food in an interactive, hands on way."

Andrew Wheatley, Headteacher at Ashington Hawthorne Church of England School, said: "We do need to be giving our children more tools to make healthy choices. The children have really enjoyed their cookery lessons, and it'll be great for them to see how their parents and members of the public enjoy the food they've worked so hard on."

The open day runs from 2-4pm on Friday, with all proceeds of the food sale going towards the school funds. Hawthorne is a designated Healthy School.

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