



# Cookery, food and health

## YHA Castleton

Key Stages 2-4  
Cross curricular

**From £34.00**

2 days (1 night) full board



Visit: [www.yhaschooltrips.org.uk](http://www.yhaschooltrips.org.uk) or phone 0800 0195 465

# Cookery, food & health residential

## Package description

Through a series of practical cooking and activities pupils learn where food comes from, how to cook it and how it keeps them healthy, during an entertaining and exciting residential.

This is an ideal chance to gain the personal, social and health benefits of a residential experience. The programme is designed to support **Every Child Matters** and the **'Let's Get Cooking'** initiative whilst providing an entertaining and active residential experience.

The offer extends from September to March. However, the packages and activities are also available at other times of the year; please enquire for availability and price.

Three, four, and five-day programmes are also available.

## Programme coverage

- Fun cooking and eating
- Outdoor and active challenges
- Visit a chocolate factory and a farm
- Designed to support 'Let's get cooking'

## Price

A 2-day (1 night) full board residential with activity programmes from £34.00.

The package includes:

- Full board accommodation
- All activities, visits and materials for the programme
- All your food. Don't worry; we will make sure you don't go hungry whatever your cooking ability.
- All-day access to the centre facilities including study / work rooms, library, TV room.
- 1 free leader place for every 10 paying participants
- Free planning visits

The centre meets or exceeds all current DFES / LEA safety legislation / guidelines and the activities are fully risk assessed.

Please see the following pages for details of the learning modules available.

Information on activities, fun & games, services, (including financial support), and booking information can be found on the pages at the back of the booklet.

# Programme coverage

## Contents

### Two days of healthy food fun.

Through a series of practical cooking and activities pupils learn where food comes from, how to cook it and how it keeps them healthy, during an entertaining and exciting residential.

Activities include:

- Visiting a farm and kitchen garden to source their food
- Cooking and eating a range of simple dishes
- The food label game
- Additive bingo
- Blindfold tasting
- A 'food challenge'. If successful in the challenge pupils win a visit to the local chocolate factory for a tasting session.

The activities are run by professional cooks in our specially developed kitchen-classroom. The programme can be tailored to suit special diets and the farm visit can also be varied to allow for religious and ethnic preferences.

This programme is designed to support **Every Child Matters** and the **'Let's Get Cooking'** initiative whilst providing an entertaining and active residential experience.

## Additional programmes

Special programmes including **'Historic Cookery'** and a **'Christmas Special'**, where pupils prepare their own Christmas feast, are available – please enquire.

The centre can also offer outdoor and active team challenges as part of a longer programme.

## Useful information

Please contact the Centre Manager for further details of these fun, motivational activities.

### Fun & games

- The Gamesmaster Challenge - team challenge activities
- Gem Panning – a hunt for local gems and minerals
- Bingo – a full size bingo machine (and you get to wear the callers jacket!)
- Parachute Games – to test group co-ordination!
- And a variety of other group challenges and craft activities

### Explore

Make the most of your stay by exploring the local areas and maybe further a field. We can advise on all the best group visit sites locally. Please contact us directly for further information.

### Services

The following services are available:

- Free planning visit for group leader
- Free leader places (1:8 ratio)
- Assistance with risk assessments
- All day access to all facilities
- All permanent staff CRB checked
- Alternative wet weather activities
- Exclusive hire of your building, with your own group and leader room
- All teaching materials supplied

### Facilities

The following facilities are available:

- Licensed bar
- All tea/coffee and drinks breaks are included in the programme cost.
- Access in most buildings for people with disabilities
- Games, TV/Video/DVD projectors etc.
- Drying facilities, loan waterproofs etc

### Meals

We are passionate about the meals we produce and that's why all our food is prepared using **fresh, seasonal ingredients, sourced locally** where available, prepared and cooked to order. We offer **flexible meal times** to fit in with your itinerary and with prior notice, we are happy to cater for any special dietary requests.

**Financial  
support**

YHA helps to fund places for disadvantaged children, so they can join their friends or classmates on a residential visit with YHA.

Our short application process makes applying for funding assistance easy. Applications are considered on the basis of the number of children in the group who are entitled to free school meals, or in a family that receives income support and/or housing benefit. Funding is subject to availability.

For more information or to download an application form visit [www.yha-breaks4kids.org.uk](http://www.yha-breaks4kids.org.uk) or call 01629 592 696.

**Booking  
information**

**To make a booking and for further information call:**

**0800 0195 465**

**or visit [www.yhaschooltrips.org.uk](http://www.yhaschooltrips.org.uk)**

**Centre  
information**

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