

Vegan cookery demonstrations



Cookery demonstrations are a fun way to inform and enthuse students about healthy meat-free cooking. If you cover vegetarian and vegan diets in your course, then why not invite one of our representatives to give a talk or cookery demonstration to your class?

We have a UK-wide network of trained volunteers who are available to give free* vegetarian presentations and cookery demonstrations to students of all ages.

What form do the sessions take?

We can tailor the sessions to suit your needs depending on time available and course requirements. Most sessions run for between an hour and two hours.



Speakers can give talks covering why people choose a meat-free diet, what vegetarians and vegans eat, the nutritional requirements of vegetarian and vegan diets and alternative protein sources.

We can show a DVD such as *Eat This!* or *From Farm to Fork* (view online or contact us for copies), and run an activity such as a discussion or a quiz.

Our cookery demonstrations generally take 30 - 40 minutes. The speaker will contact you to discuss beforehand how the session will be organised. Our speakers are not trained chefs and generally demonstrate a vegetarian chilli or similar basic dish. One option is for the speaker to demonstrate a dish to the class. Alternatively, they can give a quick demonstration, explaining the recipe, ingredients and procedure and then assist the students in cooking the dish themselves.*

You can watch one of our cookery demos online - see the *Let's Cook* film on our website, or contact us for a free copy of the DVD.

* We ask for voluntary contributions towards the cost of travel and ingredients for cookery demonstrations. Schools will be required to provide the ingredients used by students if they cook.



Teachers' comments following cookery demonstrations:

We were delighted with the day. The sessions were really interesting and from the comments on the evaluation sheets from students, truly inspiring to many.

Ms Poll, Head of Technology, JFS Harrow.

The students really enjoyed the cookery demonstration and tasting the different vegetarian products. A lot of them were surprised at how much they liked them.

Ms Allan, Brittons School.

Works very well having a demonstration - which is a big plus point when students taste at the end and realise that TVP is an acceptable ingredient. The students thoroughly enjoy the speaker's visits and get a lot out of it.

Ms Wooldrige, Summerhill School.



To book a speaker or cookery demonstrator, fill out the enclosed form and post, or fax, to Animal Aid at the address below. Alternatively, email karin@animalaid.co.uk phone 01732 364546 ext. 234, or complete the form on our website: www.animalaid.org.uk/education.

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