



Vegan cookery demonstrations

Cookery demonstrations are a great way to inform and enthuse students about healthy plant-based cooking. If you cover 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 in-class and online vegan presentations and cookery demonstrations to students of all ages. We cover the cost of all ingredients.

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

Our speakers explain the reasons why people choose a plant-based diet and describe what vegans eat to obtain a healthy balanced diet.

They can show a film such as *From Farm to Fork* (you can view this in advance at animalaid.org.uk/education) and run an activity such as a discussion or a quiz.

Our speakers are not professional chefs but will prepare a simple, delicious vegan chilli. Cookery demonstrations generally take around 20 minutes. During the rest of the session your students will discover more about veganism through engaging presentations, films, activities and discussions. Speakers can also facilitate an extended session where the students cook the dish themselves after watching the demonstration.

If we don't have anyone in your area who can visit to give a cookery demonstration, then we can arrange an online demonstration followed by a question-and-answer session.

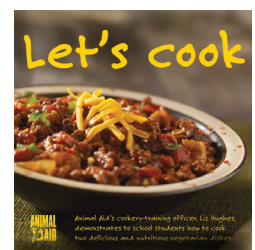
Teachers' comments following cookery demonstrations:

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.

Thank you very much for the vegan talk and cooking demonstration today. The students enjoyed both the talk and the cooking sessions which were very inspirational. They all enjoyed the taste of the vegan dish. Thanks a million for giving the students this rich opportunity.
Frank Amponsah, The Forest Academy.

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

To preview a cookery demo, see the *Let's Cook* film on our website.



To request a free talk and/or cookery demonstration complete the online form at animalaid.org.uk/education, email karin@animalaid.org.uk or phone **01732 364546 ext 427**.

Education Department, Animal Aid, The Old Chapel, Bradford Street, Tonbridge, Kent, TN9 1AW
01732 364546 ext 427 | animalaid.org.uk/education | karin@animalaid.org.uk

