

# EDUCATION NEWSLETTER



## WHAT IS IN THIS ISSUE?



### Primary Schools

LMC launched its primary school programme in April 2022. Find out more inside.



### Resources

New food4life website launches and work continues on updating classroom resources. New recipe book is launched ahead of the new school year.



### Post Primary School Demos

Booking opens **1st September 2022** at **8am** on [www.food4life.org.uk](http://www.food4life.org.uk). All the steps on how to book are included inside.

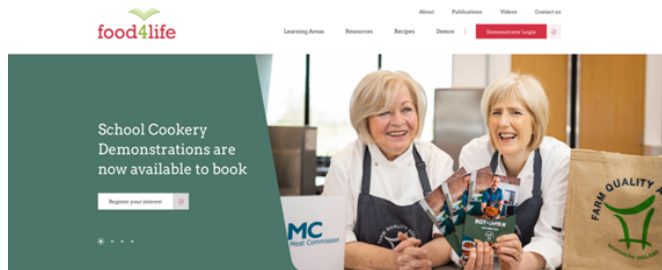
## MEET THE TEAM

Over the past year, LMC's marketing and communications team has grown with an aim to expand the offering of services and support to our education, consumer and corporate stakeholders. Previous Education and Consumer Promotions manager, Lauren Patterson has moved to the role of Marketing and Communications manager. In this new role Lauren has overall responsibility and directorship of the education programme, consumer promotion activity and communication portfolio. Taking on the role of Education and Consumer Promotion manager was Sarah Toland who joined the team in January 2022 to work on the day-to-day management of the programme. Sarah studied food business management and has worked at LMC previously. Linda Surphlis also joined the team in January 2022 as a Communications manager working on the day-to-day management and delivery of our internal and external communications plan. Linda has previous experience in the agri-food and journalism industries.

# NEW WEBSITES FOR LMC

Three modern, new look websites have been unveiled by the Livestock and Meat Commission (LMC).

Earlier this year the Commission embarked on a web design and development project for its corporate, consumer and education websites, namely, [www.lmcni.com](http://www.lmcni.com), [www.beefandlambni.com](http://www.beefandlambni.com) and [www.food4life.org.uk](http://www.food4life.org.uk). The new user friendly and informative sites launched in August 2022. The redeveloped Food4Life site boasts exciting new features such as a video library, competition hosting page and cookery demonstration booking area.



The educational site is also home to an expansive range of Northern Ireland Farm Quality Assured Beef and Lamb recipes. There's endless inspiration to suit all lessons, with the 'filter by time' and 'print recipe' features helping to take the stress out of practical lesson plans. For theory classes Food4Life provides a range of educational resources to support the Key Stage 3 – Key Stage 5 syllabuses. Designed to cater for teachers and pupils the website helpfully and clearly segregates resources by Key Stage and topic. These resources are now available to view, download and order from the Food4Life website.

2022 also saw the expansion of LMC's education programme to incorporate Key Stage 2 pupils. Work is ongoing to develop a host of engaging materials to support the recommended syllabus learning outcomes for P5-P7 pupils. These resources will be available via the Food4Life website in due course.



## PRIMARY SCHOOL DEMONSTRATIONS

LMC is delighted to report that its enhanced education programme, which incorporates Key Stage 2 pupils, has now been rolled out. The initial round of the programme opened for bookings in May 2022 following a successful pilot trial at the beginning of the year.

In the 2022 Summer term LMC visited 82 primary schools across Northern Ireland to deliver educational cookery demonstrations. Over 1800 pupils, aged 9-12, participated in the cookery demonstrations and these pupils had an opportunity to learn about the health and environmental benefits of Northern Ireland Farm Quality Assured (NIFQA) beef and lamb.



This demonstration coincided perfectly with our topic, 'Our Bodies'. It greatly enhanced the children's knowledge of healthy eating and the benefits of red meat in a balanced diet - Ms. Mullen, St. Malachy's Primary, Castlewellan





The majority of demonstrations were delivered to primary six pupils, this was closely followed by primary seven pupils. Each demonstration was carefully tailored to cover content relevant to the CCEA curriculum, such as the importance of having a balanced diet, health, wellbeing and personal development and the environment around us. LMC demonstrators also shared insights into the farm to fork journey of NIFQA beef and lamb and cooked a nutritious dish for pupils to sample.

Feedback from pupils and teachers on the opening round of demonstrations has been overwhelmingly positive. Alison Kelly, teacher at Fairhill Primary School remarked, “I thought the demonstration was excellent and all the children listened with enthusiasm. It was a great experience for all the children.”

Expanding its education programme to incorporate Key Stage 2 pupils was a natural progression for LMC and the Commission is delighted with the response to its opening round.

Further information on the next round of primary school cookery demonstrations will be available via the website [www.food4life.org.uk](http://www.food4life.org.uk) in due course.

## NEW RECIPE BOOK

A vibrant new recipe book has been created and published by the Livestock and Meat Commission (LMC).

The latest LMC recipe book is a compilation of our cookery demonstrators favourite Northern Ireland Farm Quality Assured beef and lamb recipes, all of which have been tailored to complement the CCEA Nutrition and Food Science (GCE) course and Food and Nutrition (GCSE). The booklet also provides useful information on the Northern Ireland Beef and Lamb Farm Quality Assurance Scheme, food provenance, food safety, food security and sustainability with the aim of supporting teaching of Nutrition and Food Science modules.

In addition to this, LMC is proud to promote a further recipe book which was created in collaboration with popular local chef James Devine. This booklet not only provides 10 delicious recipes but also explores the nutritional credentials of beef and lamb and details lots of helpful cooking and food preparation tips too!



At LMC we are very aware that change is constant, but the desire for natural and wholesome food is constant. That's why we are continually investing in research and development to bring the most up to date recipes and resources. LMC will continue to work on the development of new materials for use in classrooms. Watch this space, new materials are coming soon.

# POST PRIMARY DEMO BOOKINGS TO OPEN 1ST SEPTEMBER 2022

The most recent academic year saw the Livestock and Meat Commission (LMC) travel the length and breadth of Northern Ireland delivering 374 cookery demonstrations in 69 post primary schools, reaching approximately 7200 pupils, spanning from Year 8 to Year 14.

Each demonstration was tailored to uniquely reflect the specified learning outcomes the teacher required. Some of the themes included, the Northern Ireland Beef and Lamb Farm Quality Assurance Scheme (NIBL FQAS), food provenance, dietary requirements throughout the life stages, food safety and sustainability.

Hundreds of beef and lamb dishes were cooked but coming out on top as a firm favourite for 2021/22 was the popular honey chilli beef rice bowl.



This was swiftly followed by the NIFQA beef burrito bowl and yummy lamb curry. At the end of each demonstration pupils had an opportunity to sample the beef or lamb dish and take away a recipe book filled with information relevant to the NIBL FQAS and CCEA curriculum.

**Plans are now firmly in place for the 2022/23 programme. Bookings for post-primary cookery demonstrations will open on 1 September 2022 at 8am. With availability limited, early booking is advisable to avoid disappointment.**

**Further details are available on our website [www.food4life.org.uk](http://www.food4life.org.uk)**

## HOW TO BOOK A DEMONSTRATION:

Search [www.food4life.org.uk](http://www.food4life.org.uk)



Click 'Book A Demo'



Complete all fields and submit



A demonstrator will be in contact to confirm

- Teachers wishing to book a LMC cookery demonstration should complete booking forms online at [www.food4life.org.uk](http://www.food4life.org.uk). No bookings can be accepted by phone, post or email.
- All fields on the booking form are mandatory. If incomplete the form will not be submitted.
- A LMC cookery demonstration caters for a maximum of 25 pupils and runs for approximately 40 minutes.
- Teachers are encouraged to book early to avoid disappointment. In the event that bookings must be cancelled or rescheduled, LMC request a minimum of 48 hours' notice.

