

Primary schools newsletter March 2023



Bookings open Monday 20th March



The Livestock and Meat Commission (LMC) would like to invite you to consider booking a unique in-school beef and lamb cookery demonstration experience. LMC is an Executive Non-Departmental Public Body sponsored by the Department of Agriculture, which was established in 1992 with a key role in supporting, examining and informing the marketing and development of the NI beef and sheep meat industry. LMC is the industry's promotional body for beef and lamb and an important part of this work is our education programme.

LMC has been engaged in the support of teachers in post primary schools for almost 25 years, and provides a host of activities each year to improve access to Northern Ireland farm quality assured beef and lamb for practical classes, upskill teachers through red meat skills workshops and engage with pupils through our offering of cookery demonstrations. Last May, the Commission launched its inaugural round of primary school demonstrations and was overwhelmed by the positive response and feedback.

Our demonstrators educate pupils on the health and environmental benefits of Northern Ireland Farm Quality Assured beef and lamb and the importance of looking for the logo in the farm to fork story.

Pupils will learn how our NIFQA farmers produce beef and lamb to world leading standards and discover the farm to fork journey of local food. Each demonstration is structured to cover core aspects of the Key Stage 2 curriculum including the world around us and health and wellbeing. Demonstrations will take place within the classroom and last approximately 30-40 minutes. The LMC demonstrator will cook one beef or lamb recipe, and pupils will have an opportunity to sample the dish at the end of the demonstration. Demonstrations will be completed between April-June 2023 and only one demonstration per school is permitted. To book a demonstration for your key stage 2 class, please complete the online booking form found on www.food4life.org.uk and a member of the LMC cookery demonstration team will be in touch. For further information, do not hesitate to contact Sarah Toland, Education and Consumer Promotions Manager via phone on 028 9263 3000 or via email at stoland@lmcni.com.



What is included in the demonstrations?

Pupils will learn how our NIFQA farmers produce beef and lamb to world leading standards and discover the farm to fork journey of local food. Each demonstration is structured to cover core aspects of the Key Stage 2 curriculum including the world around us and health and wellbeing. Demonstrations will take place within the classroom and last approximately 30 minutes. The LMC demonstrator will cook one beef or lamb recipe, and pupils

will have an opportunity to sample the dish at the end of the demonstration. Demonstrations will be completed between April-June 2023.

To book a demonstration for your key stage 2 class, please complete the online booking form found on www.food4life.org.uk and a member of the LMC cookery demonstration team will be in touch.

For further information, do not hesitate to contact Sarah Toland, Education and Consumer Promotions Manager via phone on 028 9263 3000 or via email at stoland@lmcni.com. Instructions on completing a booking form are detailed overleaf.



Last year



100
DEMONSTRATIONS



82
PRIMARY SCHOOLS
ACROSS ALL
6 COUNTIES



MOSTLY
UTILISED FOR
P6
CLASSES



REACHED ALMOST
2K
PUPILS



CHILLI BEEF PASTA
AND MINI LAMB
MEATBALLS WITH
PENNE PASTA WERE
MOST POPULAR
RECIPES

“Teacher’s comments”

“After the demonstration they were able to give many more examples of food groups and understood the benefits of eating meat. I thought the demonstrator was excellent and the children listened with enthusiasm. It was a great experience for the children.”

- Ms Kelly, Fairhill primary school, Dromara

“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 Mullan, St Malachy’s primary school, Castlewellan

“This demonstration helped to reinforce the STEM Thematic Unit Farming (covered by my class) and the Food topics also covered in school. The focus on healthy eating helped with the whole school healthy eating focus and how what we eat can help ourselves and others.”

- Jillian Johnston, Maghera Primary School

How to book a demonstration



Search
www.food4life.org.uk



Click
‘Book a demo’



Complete
all fields
and submit.



A demonstrator
will be in contact
to confirm.

Additional content on booking instructions

- Teachers wishing to book a LMC cookery demonstration should complete booking forms online at 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. Please note only one booking per school is permitted.
- 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.
- All bookings must take place between April-June 2023