

Education Newsletter

Autumn 2023



What is in this issue?



Red meat skills workshops

LMC relaunch red meat skills workshops for Food and Nutrition teachers.



New beef and lamb recipes

New appetising NIFQA beef and lamb recipes created. Find out more inside.



Post primary school demos 22/23

LMC take a look back at the successful delivery of the 22/23 cookery demonstration programme.



How to book a demonstration

Booking opens Friday 1st September 2023 at 8am on www.food4life.org.uk.

Red Meat Skills Teacher Workshops



The Livestock and Meat Commission for Northern Ireland (LMC) were delighted to host a series of red meat skills workshops throughout the summer term. The delivery of these workshops has allowed LMC to provide support to over 60 Food and Nutrition teachers on the benefits of cooking Northern Ireland Farm Quality Assured (NIFQA) beef and lamb in the classroom.

The aim of the workshops is to provide teachers with the opportunity to identify different ways of incorporating beef and lamb into practical lessons, while also hearing more about the role of the NIFQA scheme as part of the red meat industry.

A selection of NIFQA beef and lamb recipes were showcased and trialled by teachers during the workshops to highlight how truly versatile beef and lamb can be as an option for practical lessons. Key drivers within the CCEA Food and Nutrition syllabus were discussed, such as the Northern Ireland Farm Quality Assurance Scheme, food provenance and sustainability, practical cookery skills and food safety. Teachers also heard about the nutritional credentials of beef and lamb as part of a healthy and balanced diet throughout the life stages. LMC received encouraging and positive feedback from those who attended, and teachers remarked on how valuable the workshops were. Judith Finlayson, Killicomaine Junior High School had previously attended an LMC workshop and said;

“The workshops are invaluable in terms of upskilling our teachers which in turn will have a positive impact on the learning of our pupils. Attending the workshop has developed my own confidence when working with NIFQA beef and lamb and I’m sure many other teachers will say the same. I now have the skills I need to teach my pupils how to prepare and cook NIFQA beef and lamb in an engaging, creative and cost effective manner.”

LMC hope to continue to work with and support Food and Nutrition teachers in Northern Ireland by providing more red meat skills workshops in the upcoming academic year.



New NIFQA Beef & Lamb Recipes



Sixteen new appetising Northern Ireland Farm Quality Assured beef and lamb recipes have been developed by the Livestock and Meat Commission (LMC).

The newest burst of recipes ranges from family classics such as our quick lamb chilli con carne to healthy alternatives to our fakeaway favourites such as lamb pasanda and beef fried rice.

All recipes have been created and tailored specifically for Key Stage 3, Key Stage 4 and A level pupils. The tried and tested recipes can be prepared and cooked in under 40 minutes and help pupils to develop a range of culinary skills. Each recipe includes a list of required ingredients, equipment, and a step-by-step guide through the method to help students prepare for practical examinations.

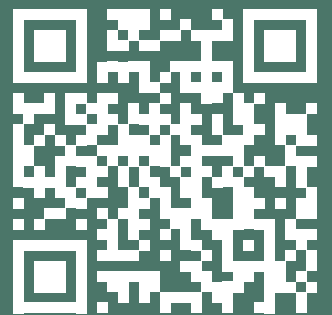


**Thai
Beef
Noodles**



**Salted
Chilli
Kebabs**

To view LMC's newest recipes search www.food4life.org.uk. LMC's education website Food4Life is home to an expansive range of Northern Ireland Farm Quality Assured beef and lamb recipes, providing inspiration for all practical lessons.





Post Primary Demo Bookings to open 1st September 2023

The Livestock and Meat Commission (LMC) are pleased to confirm that over 7000 pupils spanning from year 8 to year 14 benefitted from our post primary school cookery demonstrations last year. LMC's team of expert demonstrators travelled the length and breadth of the country delivering a remarkable 375 cookery demonstrations.

Each demonstration was tailored to uniquely reflect the learning outcomes the teacher requested. Some of the main themes included, the Northern Ireland Beef and Lamb Farm Quality Assurance Scheme (NIBL FQAS), nutritional and environmental credentials of NIFQA beef and lamb, food provenance, nutrition through the life stages and food safety.

Commenting on their most recent demonstration Allison Beattie, Breda Academy said,

“Excellent demonstration, a great range of information given and at the correct level”

Lisa Daly, St Joseph's Grammar School added

“The demonstration covers theory in terms of nutrition, food provenance, food safety as well as practical cookery skills”



LMC's team of demonstrators showcased many popular beef and lamb recipes, including firm favourites honey chilli beef rice bowl, sweet and sour meatballs, and spiced lamb with tzatziki.

At the end of each demonstration pupils had an opportunity to sample the beef or lamb dish and take away a recipe book which includes a selection of beef and lamb recipes and is also filled with information relevant to the NIBL FQAS and CCEA curriculum.

Bookings for demonstrations to be completed between September 2023 and March 2024 will open on Friday 1st September 2023 at 8am. While we do make every effort to facilitate all schools that apply for a demonstration, in previous years all slots have been allocated within one week of launch and therefore early booking is advised to avoid disappointment. Instructions on how to book a demonstration are included overleaf.



How to book a demo



Search www.food4life.org.uk



Click 'Book a demo'



Complete all fields and submit



A demonstrator will be in contact to confirm the date, time and additional information regarding the booking.

If the demonstrator receives no response within 5 days, the booking will be re-allocated.

Additional content on booking a demonstration

- 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.
- A LMC cookery demonstration caters for a maximum of 25 pupils and runs for approximately 40 minutes. A teacher must remain in the classroom at all times during the demonstration or all further demonstrations will have to be cancelled.
- 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.

