

LMC

Livestock & Meat Commission

food4life  YEARS

Primary schools

NEWSLETTER

March 2024



What is included in this issue?

- LMC celebrate milestone year of its education programme.
- New primary school recipe book.
- Primary school demonstrations 2024.



LMC celebrate 25 years of its education programme

LMC's education programme has been committed to increasing pupils understanding on the importance of beef and lamb as part of a balanced diet and championing the Northern Ireland Beef and Lamb Farm Quality Assurance Scheme.

Launched in 1999, the early education programme focussed heavily on the provision of cookery demonstrations and supporting educational resources for post primary schools. While this remains an integral part of the programme, over the last two decades it has further evolved, offering support to pupils and teachers in a wide variety of ways.

In the last 25 years LMC has been successful in the delivery of teacher workshops, teacher conferences, educational competitions, thousands of cookery demonstrations and dozens of educational resources. One of the more recent and exciting developments was the move to extend LMC's education programme to Key Stage 2 pupils. The primary programme launched fully in 2022 following a successful pilot the year prior.

Since then, it has continued to gather momentum, with 100 primary demonstrations delivered in the last academic year. There's lots of plans in the pipeline to help celebrate this milestone anniversary, so keep an eye out on our website and social media pages over the coming months!

LMC launch new primary school recipe book

An exciting new classroom resource designed for Key Stage 2 pupils has been developed and published by the Livestock and Meat Commission (LMC).

The primary school booklet brings together tasty beef and lamb recipes with educational resources on topics including a balanced diet, the farm to fork story and the environment around us.

The booklet aims to support the cookery demonstrations and reinforce key messaging around Northern Ireland Farm Quality Assured (NIFQA) beef and lamb in an engaging way. There are a host of easy to cook beef and lamb recipes included in the booklet that are excellent for encouraging children to become actively involved in meal preparation, supporting the development of life-long practical skills.

The recipes are tailored to suit in-class cooking, but also make perfect family meals at home! LMC's primary school education booklets will be distributed by cookery demonstrators during demonstrations. For more information and to view additional resources visit food4life.org.uk.

Win a free trip to Balmoral Show for your class

Are you interested in winning a free trip to Northern Ireland's largest agricultural show for your class?

Balmoral Show will take place between Wednesday 15th – Saturday 18th May 2024 and we are giving Key Stage 2 classes an opportunity to win free travel and entry to the Show. Your class will also be invited to visit the LMC stand to receive goodie bags and meet our cookery demonstrators.

To be in with a chance to win all you have to do is submit a short 30 second video outlining why your class would like to win this prize. For more details and to enter visit our website food4life.org.uk.

The competition will launch on Monday 8th April. The deadline for entries is 4pm on Monday 22nd April. Competition winners will be contacted via email.



Would you like to avail of a unique in-school beef and lamb cookery demonstration experience for your class?

Each unique in-class cookery demonstration provides pupils with an opportunity to learn how our NIFQA farmers produce beef and lamb to world leading standards, while exploring the farm to fork journey. 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 40 minutes. The LMC demonstrator will demonstrate a beef or lamb recipe, with pupils given an opportunity to sample the dish at the end of the demonstration.

Bookings for the 2024 academic year are now open, with all due to be completed between April-June 2024. To book a demonstration for your Key Stage 2 class, please complete the online booking form found on 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.

Bookings open
Tuesday 19th March

BOOK

Here's a quick look back at 2023



Reached over
2,300
Key Stage 2 pupils.



100
primary school cookery
demonstrations took place
across all 6 counties in
Northern Ireland.



Key topics covered
**health and wellbeing, care
for the environment and the
farm to fork journey.**

"It reminded children of the importance of our environments and healthy eating in a fun and practical way! A really informative class, I will book again."

- Ms Campbell, St Ninnidh's primary school, Derrylin

"The demonstrator tied in many aspects of the World Around Us curriculum in her talk."

- Mrs Gaston, Kilmoyle primary school, Ballymoney



Go to
food4life.org.uk



Click
'Book a demo'.



Complete all
fields and
submit.



A demonstrator
will be in contact
to confirm.

For more information visit food4life.org.uk

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