

Case Study #1



Project:

We worked on a project with young men, aimed at challenging the barriers to healthy eating.

What We Did:

We looked at the food that they ate and instead of trying to make radical changes, we worked with the young people to make these familiar foods from scratch.

After their initial scepticism they selected a range of takeaway favourites, including Chicken Korma, Pork chow Mein and pizza. The young people enthusiastically threw themselves into this challenge.

Working together, with the help of trained staff from The Good Cook School and youth workers they were delighted and taken aback at their achievements.

All of those who took part were given recipes to try at home and continue to attend regular cooking sessions at the community centre.