



Recommendation:

Engage with wider members of the community to develop growing and cooking education

Case study example:

Pakeman Primary, Islington

Islington Borough Council is working in partnership with TastEd to use TastEd across the borough nurseries, primary schools and community settings. Recently, a Child and Family Support worker based at Pakeman Primary has been running parent and child TastEd sessions to bring the principles of TastEd into the home. The sessions have been a huge success. They said “It gave parents and children a chance to let go of the guilt around healthy eating...and parents watched their child’s transition, tasting thing they would never normally taste!”

Islington are also using TastEd in their Family Kitchen workshop where parents and children learn to cook together as it is complementary to practical cooking skills, but also addresses learning to eat new foods.

Learn more about [TastEd](#)