



ERimNN

Education & Research in
Medical Nutrition Network

ERimNN is proud to support two exciting volunteer programme



KidsKitchen

KidsKitchen was set up in 2008 by ERimNN founder Dr Katharine Martyn, as an innovative after school club for primary age children that supports children from reception to year 6 to cook, understand where food comes from and to make healthier choices. Awarded a National Lottery Grant, and Winners of the BePurple Award at Brighton children learn about food through hands-on cooking, preparing food to eat using fresh, raw ingredients supplied from local farmers and producers. They learn necessary knife skills and how to make a meal without using recipes. Emphasis is on trying out food combinations, tasting their ingredients and learning how to share their food with others. Each year the children run a restaurant for their parents and friends, serving a homemade three-course menu. This club is now offered as a student volunteer project through Active Student at the University of Brighton.



An Apple A Day

AAAD is a **student-led, healthy lifestyles teaching programme**, running in the University of Brighton & Sussex University local secondary school: BACA. Supported by the Active Student volunteering scheme at the University of Brighton it is now in its 5th year.

The AAAD project is rooted in socioeconomic, to support efforts combating health inequalities associated with the challenges of the local area. This piece, written by Dr Amaran Cumarasamy, one of the founding members is a useful introduction to the initiative:

The programme involves six classroom sessions built into the school's Year 7 PSHE schedule. Our mini-curriculum centres on core government and council health messages such as balance, moderation and limiting sugary drink intake. Beyond this, there is a deliberate focus on bringing the conversation to young people in a fun and interactive way, offering fruits they may not have tried before and practical takeaways like understanding food labels and recipe-planning to empower pupils to make healthy choices where possible.

We use student mentors to teach the sessions; so far these have been solely recruited from the medical school, but - excitingly - this is the first year we have recruited student mentors from other life science courses. We are looking forward to them joining the programme from September.

<http://blogs.brighton.ac.uk/anappleaday/>