

Something's cooking at North Coast Integrated

NORTH Coast Integrated College pupils helped to launch a new 'Survival Guide To Food' last week.

The programme has been created specifically for sixth form students by the Food Standards Agency in Northern Ireland (FSANI) and aims to communicate the skills needed to eat well and stay healthy to young people preparing to leave home for the first time.

The guide is available for all schools in Northern Ireland with sixth form leavers and is free of charge.

It is full of healthy, easy to make recipes for students along with useful food facts and tips such as what to eat at exam time. It also contains lots of useful information on making healthy food choices, shopping and budgeting tips as well as food hygiene information.

Aine Toman, a Home Economics teacher at the school, was delighted that her school was chosen to launch the guide: "We are delighted to be one of the first schools in the area to introduce the 'Survival Guide to Food' into the classroom.

"Our sixth formers really like the guide. It is a great way to interact with them and to encourage them to practise their own recipes as well as communicating some important nutrition and hygiene messages."

The 'Survival Guide to Food' is available for all schools in the North Coast area with sixth form leavers.



LEARNING TO COOK...Students at North Coast Integrated College in Coleraine who helped launch a 'Survival Guide To Food', Linda Stewart, Lauren Millar and Alison Shields, Communications Officer for the Food Standards Agency. CR51-150s