

# The Super Yummy Kitchen

Food, play and education bought to your home



 **RECIPE AND INGREDIENTS** 

## UNICORN HUMMUS

**METHOD**

1. Blend all ingredients together
2. Adjust consistency with the chickpea water
3. Season to taste with pepper

**INGREDIENTS**

- 1 tin of chickpeas, drained and juice reserved
- 200g cooked beetroot
- 1 tbsp tahini
- 1 clove garlic peeled
- 1 tbsp olive oil
- 1/2 tsp cumin
- 1/2 tsp paprika
- Juice 1/2 lemon
- Pepper

   

#SUPERYUMMY #SIMPLYDELICIOUS

# The Super Yummy Kitchen

Food, play and education brought to your home



**Focus:** Cook-a-long videos for primary aged children and their families

*Super Yummy, Simply Delicious snacks!*

We have created videos to not only help to keep the nation's children entertained, but to provide yummy, **healthy** snacks made using ingredients from the **store cupboard**.

## Why is this important?

- **Fun** with food!
- Children are being **home schooled** – Continuation of our dedication to children's **education**, and health!
- Supporting healthier **snacking**
- Supporting good **mental health**
- Children and their families learning **new skills**
- Nutrition education and a weekly **health and wellbeing** challenge
- Supporting schools to continue to meet the **curriculum** requirements (from home or at school)



# The Recipes

A

Cook-a-long videos with Chef Andrew or Chef Allegra McEvedy

B

‘Nutrition Nugget’  
by Georgi Page, Chartwells  
Nutritionist

C

Fun but educational activity with  
‘lesson plan’ and key outcomes

D

Health and wellbeing challenge

- 1) Unicorn Hummus
- 2) Pea Pond Slime
- 3) Let’s Twist Again....Marmite style
- 4) Sunshine Toast (guest celeb chef)
- 5) Selfie Pizzas
- 6) Knickerbocker Pourie
- 7) Crunchy Yoghurt Snowballs
- 8) Rice Rainbow with Fluffy Clouds
- 9) Squidgy Bean Muffins

Videos and pairing activities released **three** times a week: Mon, Weds, Fri

# What can schools do to share the videos...

- ✓ Email link to all parents
- ✓ Post the link on School website
- ü Post the link on School Twitter @Chartwells\_uk and @compassgroupuk,
- ü Post the link on School Instagram @Chartwells\_uk and @compassgroupuki
- ü Post the link on your Linked In and School Facebook pages
- ✓ Include in daily home learning lesson plans
- ✓ Incorporate into teaching sessions with children who remain in school
- ✓ Share on school newsletters to parents
- ✓ Share with the PTA
- ✓ Include and use hashtag #superyummy and #simplydelicious
- ✓ Chartwells will post a link on Parent Pay
- ✓ Tell everyone about it!



Follow us @



#superyummy #simplydelicious



Simply Delicious, Super Yummy Chartwells



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*Watch our new videos and  
health and wellbeing challenges*



And keep a look out for our guest chef Allegra McEvedy from Step up to the plate!