

JUST UPDATED!



Cooking and Food Skills Video CD

The *Food – a fact of life* Cooking and Food Skills Videos are now available to purchase on CD. It's convenient, easy, portable and extremely useful!

Why buy this CD, if they are free on-line?

Many school rooms do not have internet connection and therefore it is impossible to access these web resources during lessons. In addition, sometimes the connection is slow, so some resources take valuable time to download – often leading to frustration. Also, you do not have to download the videos – they are all on the CD!



The CD can be placed on any computer in your school, plus you can take it home, allowing you access to valuable resources. You may use it on as many computers as you wish in your school.

The CD contains:

- 32 videos, showing key food skills and recipes being demonstrated (these are in QuickTime format).
- A selection of support recipes, as PDFs.



The CD is only **£25.00** (inc VAT and P&P). (Prices correct for UK schools only.) The video and recipe files will be delivered to you on DVD CD. Please ensure your computer can access DVD CDs.

Videos cover:

The Bridge Hold
The Claw Grip
Grating
Peeling
Onion Preparation

Coleslaw
Fruit Salad
Hummus
Simple Sandwiches
Pockets and wraps
Fresh juices
Plum berry dessert
Mackerel dip
Winter salad

Cous Cous Salad
Chunky Soup
Stir Fry Prawns
Vegetable Kebabs
Curry in a Hurry
Sheppard's pie
Welsh rarebit
Fruit crumble

Bread
Delicious Dough (pizza/Chelsea buns)
Fruit Scones
Cheese Straws
Gingerbread People
Blueberry Muffins
Cornish Pasties
Shortbread
Soda bread

Order Form: Cooking and Food Skills Video CD

1) Your details and delivery address

Name: _____

School name: _____

Address: _____

_____ Post code: _____

Telephone number: _____

2) Payment details – please select

Send a cheque for £25.00, payable to British Nutrition Foundation, with this completed form to the BNF.

CREDIT/DEBIT CARD:

Please debit my Credit/Debit Card for £ _____

Name as appears on card*: _____

Billing Address Details for Credit/Debit Card:

House / Building number*: _____

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Expiry Date: _____ Start Date: _____ (If debit card.)

3 Digit security code*: [][] (last 3 digits on back of card)

Signature: _____

Complete this form and send to the BNF. You will be sent an invoice for £25.00. On receipt of payment for that invoice, the CD will be sent out.

3) Send to

Education Sales
Cooking and Food Skills CD-ROM
British Nutrition Foundation
High Holborn House
52-54 High Holborn
London
WC1V 6RQ

***Please note these sections must be completed in order for us to process the payment.**