



Fish in School Hero Programme

The Fish in School Hero programme is bringing fish to the forefront of UK school curriculums, equipping students with hands-on cooking skills and fostering confidence in the kitchen. Beyond teaching essential techniques like filleting and seasoning, this initiative introduces students to nutritious ingredients rich in omega-3s and proteins while covering topics on sustainability, food sourcing, and global cuisines.



Teaching students how to cook fish as part of the school curriculum can offer invaluable life skills, helping them learn to prepare nutritious meals while gaining confidence in the kitchen. Filleting, seasoning, and cooking fish offer students hands-on experience that helps develop important skills.

Given that fish is rich in essential nutrients like omega-3 fatty acids, protein, and vitamins, it ties in well with lessons on nutrition and balanced diets whilst also offering an opportunity to explore global cuisines and sustainable food practices. Lessons on where the fish comes from, sustainability, and responsible sourcing can help students become more aware of environmental issues.

Challenges

Some teachers may have found that students can be reluctant to work with fish, especially if they aren't familiar with it. Many students are hesitant about touching raw fish because of its slimy texture, scales, or the fear of handling bones. Raw fish may seem less approachable than other ingredients like vegetables or meat, which they might already be familiar with.

One of the other biggest challenges teachers face is the cost and availability of fresh fish. For schools with limited budgets, getting enough fish for cooking lessons can be difficult, especially if they're teaching large groups of students.



Many popular fish species, like cod and haddock, have seen a decline in their populations due to overfishing, stricter fishing quotas, and environmental changes. With fewer fish available, prices have gone up as demand often exceeds supply making it out of reach for tight budgets.

Fish in School Hero

The Fish in School Hero (FISH Heroes) programme aims to give students the chance to prepare, cook, and eat fish before they leave school. It's also designed to help teachers gain the confidence and skills they need to teach fish-based lessons.

Supported by the Fishmongers' Company's Fisheries Charitable Trust, the programme is managed by the Food Teachers Centre and is backed by local fishmongers, chefs, and fish suppliers.

What the Programme Offers

Their goal is to get fish being taught in practical lessons in secondary schools across the UK. Teachers that join the Food Teachers Centre Community Fish Hero programme can get access to a range of easy-to-implement ideas, resources, and recipes they can use in lessons.

Schools can also receive free fish so students can practice cooking without extra costs. Teachers also get hands-on training to feel more confident in teaching fish preparation.

Why Is This Important?

Most kids in the UK don't eat enough fish, and many have never cooked with it before. The Fish Heroes programme tackles these issues by providing free fish, practical training, and classroom resources.

- The programme has already impacted thousands of pupils who have had the chance to cook with fish, with donations of:
- 100kg of scallops for 5,000 pupils
 - 4 tonnes of mussels for 16,000 pupils
 - 20,000 portions of salmon
 - 1,250 portions of hake
 - 3,000 cans of salmon which was in partnership with Jamie's Ministry of Food, featuring a Jamie Oliver fishcake recipe and video. 101 schools took part 'Fish from the Chippy', receiving nearly 5,000 portions of frozen Hake.

Students not only learn how to cook fish, but also discover where their food comes from and how to eat more sustainably to make healthy, tasty meals.

The practical training day is closely aligned with GCSE and vocational course requirements, allowing teachers to develop their students' knowledge and skills in buying, preparing, cooking, presenting, and tasting a variety of fish. Whether it's filleting, cooking, or just getting familiar with different types of fish, the training is hands-on.

The feedback from students has been amazing! Many had never cooked with fish before, but after taking part in the programme, they said they felt more confident and wanted to try cooking with fish again.

How to Get Involved

To take part in this programme you need to sign up for the Fish in School Hero programme to get access to resources, online training, and fish deliveries. For more information or to register, contact:

info@foodteachercentre.co.uk

Please note: If you would like to get involved, please join the Food Teachers Centre Community Fish Hero programme via the link below. PLEASE do not approach the Fishmongers' Charity or fish suppliers for the programme directly.

Links



Find out more
<https://foodteacherscentre.co.uk/fish-heroes/>



WATCH: Jamie Oliver - Mussels 3 Ways
<https://www.youtube.com/watch?v=wTqKv7v3Gas>