



Education News

Email Update

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We would like to wish all our subscribers a very Happy Christmas and wonderful New Year.

Best wishes

British Nutrition Foundation - Education Group



All schools

Have you seen the BNF website?

Regular users of our nutrition website will have noticed that it has had a much needed face lift. The enhanced site features improved search functionality, intuitive navigation, updated information and e-commerce facilities for books, posters, CDs and conference places. It also includes a new consumer friendly section, Healthy living, which provides advice and tips on putting healthy eating and an active lifestyle into practice.

Some of the Education resources have been re-located, but nothing has been deleted. Most of the education materials can now be found by going to: Food in schools > Teacher Centre > Resources. To view the resources page, [Click here](#)

Transition

The transition between primary and secondary school can be a challenging time for pupils. Many schools run activities to ease this transition and help pupils settle into their new school. We would like to hear your thoughts about what makes a valuable transition activity or event. We would particularly like to hear ideas for transition in food-based lessons – have you run any such activities? Do you have any top tips? You can help us by answering a short questionnaire. To take part, [Click here](#)

Food skills and recipe videos - special offer!

This is a fantastic resource for schools, featuring a range of food skills and recipe videos.

The resource contains:

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

Skills include: peeling, grating, knife skills and preparing an onion.

Recipes include: coleslaw, cous cous salad, crunchy winter salad, dips, fruit salad, fruit smoothie, juices, mackerel dip, plum berry dessert, pockets and wraps, sandwiches, chunky soup, curries, shepherds pie, stir-fry, vegetable kebabs, Welsh rarebit, blueberry muffins, bread, cheese straws, cornish pasties, dough (pizza/chelsea buns), fruit scones, gingerbread people, fruit crumble, shortbread and soda bread.

To order your copy, at a special reduced rate of £10.00 (saving £15), [Click here](#)

Special offer ends 31 December 2009

Active Kids Get Cooking Special Challenge 2010

The 2010 AKGC Special Challenge is based around sustainability. The challenge presents lots of exciting opportunities for schools such as: growing ingredients, using local/regional foods, choosing seasonal foods, buying products which are value for money, reducing food waste, using leftovers and reducing environmental impact.

For full details, and resources to introduce and support the challenge, [Click here](#)



Pre-school

One hundred and one ways with PowerPoint

Did you know that our 12 pre-school activity sessions contain nine PowerPoint presentations which can be used in different ways? These include:

* [My food book](#) – print and use like a diary to help children keep a record of their food experiences.

* [Let's eatwell and stay healthy!](#) – print out and staple to create a book which can be read and discussed with the children. Designed to help them understand the types and amount of foods they need to stay healthy.

*[Getting ready to cook](#) – print and display to remind children what they need to do to get ready to cook.

*[Recipes](#) – show as PowerPoint on an interactive whiteboard so the children know what they will be making; print and staple to create a recipe book or print and display.

To get these resources, click on the resources titles above.

Why not let us know what you think of these resources? Email Claire at: c.theobald@nutrition.org.uk or simply reply directly to this email update.

Primary

Worried about food hygiene and safety?

Food hygiene and safety can be a concern, especially in primary schools where a general purpose classroom has to be transformed into a safe, hygienic cooking area. The Food – a fact of life website has a wealth of information to help you get organised, and put your mind at ease. The Cooking module for ages 5-8 and 8-11 contains detailed guides and checklists to help you set up your classroom and demonstrate food preparation safely. There are also video clips, discussion cards, worksheets, PowerPoint presentations, a poster and an interactive whiteboard activity to help you teach food safety to your class. To find these resources, click on the age phase you require below.

[5-8 – Food hygiene and safety resources](#)

[8-11-Food hygiene and safety resources](#)

Party season

Are you planning an end of term party with your class? How about preparing the party food with your pupils? The *Food – a fact of life* website is packed with easy, delicious recipes - ideal for the party season. How about creating your own buffet with a selection of these dishes?

[Carrot and apple juice](#)

[Guacamole](#)

[Bagel brushetta](#)

[Cheese straws](#)

[Samosas](#)

[Veggie snacks](#)

[Gingerbread people](#)

Secondary

Have you signed up for our final pilot webinar?

A webinar is an online seminar where participants view the presentation through their web browser. A key feature of a webinar is the interactive element – the ability to give, receive and discuss information. The Foundation has been piloting some webinars aimed at secondary school food teachers and students.

If you haven't had chance to catch the last two pilot webinars, or you have and you would like to see another, now is your chance. The webinar, entitled Diet through life, will be held on Tuesday 15 December -1.30-2.30pm.

To register your interest in participating in the webinar, please email Kim Ralph at: k.ralph@nutrition.org.uk

Teach Food Technology

Teach Food Technology is a programme in England that supports qualified teachers, who are not food specialists, teaching Key Stage 3 food technology. The support includes practical cooking, curriculum and nutrition training days, as well as a personal mentor. If you are in a school where a non-food specialist is teaching food technology (or will be), this programme is ideal. For further information, [Click here](#)

UK School Awards

Each year, the British Nutrition Foundation rewards excellent work in food and nutrition by students throughout the UK. Annual awards are given to students at GCSE/Standard Grade and A-level/Advanced Higher. In addition, the Foundation recognises and rewards the hard work by the student's teacher. To find out who won this year, [Click here](#)

Inspire!

Do you have an inspiring lesson idea based around food work with flour and other ingredients, for pupils aged 11-14 years. You could win up to £1,500 for your school! To find out more, [Click here](#)

Nutrition update

FSA Wales teacher pack

The Food Standards Agency in Wales has produced a comprehensive teacher resource pack to help Key Stage 1 and 2 students make healthier and safer food choices. These include a range of food-based activities, interactive games, pantomimes and teachers' guide. To order or download the pack, [Click here](#)

Have a healthier Christmas

On average, people gain 2 kg in the four-week Christmas period. Weight gain can be avoided by planning ahead and making the right food choices. Here are four tips to help:

*Don't skip meals if you are going to a party - have a filling bowl of soup or cereal to take the edge off your appetite so you won't be so

tempted to over-indulge on high fat nibbles.

*We are surrounded by tasty snacks at Christmas time that tempt us to eat when we are not really hungry. Try to stay with your natural appetite and don't automatically say 'yes' to a second helping of pudding or another mince pie.

*Be active; particularly at Christmas time! The holiday season is a great chance for taking long walks and having fun outside the house! Only half an hour of walking uses the same amount of energy would be found in two bananas (1000kJ).

*If you drink alcohol, do so sensibly and stick to the recommended unit advice – no more than 2-3 units per day for a woman, and 3-4 per day for a man. Alcoholic drinks can be high in energy and they also stimulate the appetite and weaken the resolve not to over-indulge.

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