

## All schools

### National Nutrition Education conference (NNEC)

The 2009 NNEC conference, 'Nutrition Matters in Teaching,' is being held on Saturday 20 June at the Kingsway Hall Hotel in London. With the current focus on cooking in schools, it is important to consider the nutritional and health impact of food education. This conference provides secondary school teachers (as well as others with an educational role in schools) with the opportunity to receive updates on the latest topical nutrition science news and education initiatives. The conference programme and booking form can be found on the BNF website, go to:

[www.nutrition.org.uk/nnec](http://www.nutrition.org.uk/nnec)

### Scottish conferences

We are pleased to announce further details for the 2009 Scottish Conferences. The conferences dates and venues are as follows:

Friday 4 September – The Kingsmills Hotel, Inverness

Saturday 5 September – The Palm Court Hotel, Aberdeen

Friday 11 September – Our Dynamic Earth, Edinburgh

Saturday 12 September – The Marriot Hotel, Glasgow

The conferences will give secondary Home Economics teachers the chance to catch up with the latest developments in the curriculum and examinations, as well as receiving nutrition updates and information about new resources. Following on from the success of last year, there will again be a primary strand designed to support food teaching in the primary classroom. For more details go to:

[www.nutrition.org.uk/scotland](http://www.nutrition.org.uk/scotland)

If you would like to be invoiced for a place, please email Kim at:

[k.ralph@nutrition.org.uk](mailto:k.ralph@nutrition.org.uk)

### Special challenge – two months to go!

There are just two months left to submit your Special Challenge 2009 entries. This year's challenge is to create a 'spectacular' breakfast inspired by different countries around the world. There are 12 prizes of £100 to be won, plus an additional £400 for the overall winning primary, secondary and special school. Winning schools will be invited to London to receive a cheque and a goody bag, at a prize giving event.

For all the challenge details and resources to support your entry, go to:

[http://www.activekidsgetcooking.org.uk/activekidsgetcooking/Challenge+2009/Challenge+2009.htm?WT.svl=2&WT.seg\\_1=nav\\_secondary](http://www.activekidsgetcooking.org.uk/activekidsgetcooking/Challenge+2009/Challenge+2009.htm?WT.svl=2&WT.seg_1=nav_secondary)

## Pre-school

### Perfect plant salad

Do your children know where food comes from? The *Perfect plant salad* session has been developed to get children thinking about where their food comes from. In the session the children make a 'plant' salad using carrots, cabbage and celery and consider which parts of a plant these ingredients come from. Colorful photographs of each ingredient are provided. To download this resource now, go to:

<http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=17&sectionId=67&contentId=207>

### Get in touch

Do you work in a pre-school? What resources would you find useful? We are currently working a batch of new resources for the pre-school area of our website.

We would be delighted to hear about resources you would like. To get in touch, email Claire at: [c.theobald@nutrition.org.uk](mailto:c.theobald@nutrition.org.uk)

## Primary

### **Energy balance explanatory notes**

We have developed comprehensive guidance notes to help you make the most of our latest interactive activity, *Energy balance*. The notes include background information about the aims and purpose of the *Energy balance* activity and screen shots with explanations of how to complete the task. The notes are designed to help ensure the right messages are delivered and correctly interpreted. To download your guidance notes now, go to:

<http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=15&sectionId=64&contentId=267>

### **Get ready for the summer!**

With the change in season, the summer term provides lots of opportunities for children to learn about how their food is produced. For example, why not grow vegetables at school in pots or organise a visit to a farm, market or allotment? The Food - a fact of life website provides lots of advice and teaching materials to support this area of study, including terrific, tasty recipes! Why not plan your summer work now? For ideas, go to: <http://www.foodafactoflife.co.uk/section.aspx?t=0&siteId=14&sectionId=63>

## Secondary

### **Energy and nutrients – digestion video clips**

The pilot for the secondary module 'Energy and Nutrients' is well underway. A wide variety of PowerPoint presentations, note sheets, worksheets, factsheets and interactive tutorials are available to download and trial in your school. Short videos have now been incorporated into the digestion interactive tutorials. Larger versions of these videos are also available on line and provide a deeper insight into the workings of the digestion process. To access the resources, go to:

<http://www.foodafactoflife.co.uk/VideoActivity.aspx?siteId=19&sectionId=75&contentId=258>

Interested in being a BNF pilot school? It is not too late to register with [Georgine Leung](#) to participate in the free pilot study.

### **Diet and Health resources – coming soon**

The second module 'Diet and Health' will be released very soon. In this section there will be the familiar clear and concise resources such as PowerPoint presentations, note sheets, worksheets, and new interactive tutorials. All the materials, excluding the interactive tutorials, will be in a modifiable version for you to adjust to meet the needs of your students. The topics to be covered include diet through life, diet related disorders, e.g. CHD and obesity, and factors affecting food choices. Keep an eye out for these new, free resources.

<http://www.foodafactoflife.org.uk>

## Nutrition

**FSA has launched saturated fat campaign to tackle UK's biggest killer**

The Agency has launched a public health campaign to increase awareness of the health risks of eating too much saturated fat. On average, people in the UK eat 20% more saturated fat than the recommended maximum. Over time, too much saturated fat in the diet can raise blood cholesterol levels, a risk factor for coronary heart disease and stroke.

To help people cut down on their saturated fat intake, the Agency has produced a number of simple and practical tips, such as choosing lower-fat dairy products, using leaner mince, trimming the fat off meat, eating less pastry and going for unsaturated oils when cooking. For further advice on how to reduce saturated fat in the diet and make healthy, 'heart-friendly' recipes, visit: <http://www.eatwell.gov.uk/healthydiet/fss/fats/satfat/>