



# Education News

## Email Update

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May 2009

### \* All Schools

#### National Nutrition Education conference (NNEC)

On Saturday 20 June 2009, BNF is holding its National Nutrition Education Conference at the Kingsway Hall Hotel, Central London. The conference entitled, 'Nutrition matters in teaching,' will provide updates on nutrition and health information and address the current focus on changes to food technology teaching. Mrs Michelle Parker, HMI will provide the keynote address and Mr Jamie Blackshaw, from FSA, will also be presenting along with members of the BNF staff. The cost of the conference is only £85 per delegate and includes refreshments, lunch and delegate notes. The conference programme and booking form can be found on the BNF website [Click here](#)

#### Win £100 or £500 for your school and, if you are very lucky, maybe meet Jamie Oliver!

We are fast approaching the closing date for our Special Challenge 2009, but there is just time to create your winning entry and get it to us.

The challenge this year is:

*Taking inspiration from breakfasts around the world, create a 'spectacular breakfast' for a special occasion which demonstrates your food skills and techniques.*

There are £100 prizes for Primary and Secondary schools in England, Northern Ireland, Scotland and Wales, as well as 4 prizes for UK Special schools. All winners will be invited to London for an awards event to collect their certificates, cheques and goodie bags, and maybe even meet Jamie Oliver! The overall national winning schools will each receive an additional £400. For all the challenge details, supporting resources and to see the winning entries from last year [Click here](#) but hurry, the Special Challenge 2009 closes on 15 May 2009.

#### Let's get ready to cook!

*Let's get ready to cook!* is just one of four exciting new BNF posters for sale. The poster lists seven key steps which should be taken before children carry out any food activity. The poster features Alisha and Ronnie, two characters from the *Food – a fact of life* website. The poster is aimed at primary age children, and can be displayed on a wall as a useful reminder of what children should do before they cook. *Let's get ready to cook!*, as well as 3 other new posters, are each priced at £2.35. To view or buy the posters [Click here](#)

#### Are you a primary or secondary food teacher in Scotland?

Due to their ongoing success, our annual Scottish conferences are running again in September 2009. The conferences will give secondary school 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. Primary teachers will be able to opt for special workshops designed to support food teaching in the primary classroom. The venues and dates 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

For more details [Click here](#)

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)

### \* Pre-school

**Super smoothie**

Super smoothie is the first of our pre-schools sessions. It has been developed to help children understand the importance of having a drink, as well as something to eat, at breakfast time. The session also looks at how to get ready to cook. A set of simple, illustrated Getting ready to cook cards is provided and these can be displayed to help the children remember what they have to do. The Super smoothie recipe introduces simple food skills, such as peeling bananas, pulling stalks off strawberries and pouring yogurt.

Why not make your own Super smoothie and see how easy it is? For all the session resources, including the recipe [Click here](#)

**Primary****Summer cooking**

With summer in the air, now is a great time to undertake a number of cooking activities with your class. We have lots of fantastic recipes designed especially for primary school children. Our collection of 'Cool creations' recipes is ideal for summer and includes salads, sandwiches, dips and drinks. Why not get your children to design and make different dishes based on these recipes? How about planning a special event, such as a class picnic and allowing the children to plan and prepare the food? Why not get the children to think about healthy eating and get them to develop and make a healthy sandwich or snack? Food is a great medium for subjects right across the curriculum, so why not check out our recipes and get cooking today? [Click here](#)

**Hygiene and safety**

Are you keen to cook with your class but anxious about the hygiene and safety implications? The Cooking module on the Food –a fact of life website provides lots of information about organising a cooking session in a primary school classroom. The module provides a number of guides with advice on what to do before you do any cooking work, how to carry out a tasting session, and how to teach children to use equipment safely. These guides can be found in 5-8 and 8-11 areas. Why not have a look now?

[Click here for the 5-8 guide](#)

[Click here for the 8-11 guide](#)

**Secondary****Reporting on the online interactive tutorials**

The Foundation aims to support the use of different forms of ICT in the classroom. Our latest innovation is the provision of exciting, differentiated online interactive tutorials for students to support independent learning.

These tutorials comprise a series of information screens, as well as interactive tasks, to support and consolidate learning. During the activities, comment boxes provide immediate feedback with scores, as well as the opportunity to repeat the task. After completing a final quiz, a report can be printed as a record of student achievement.

The latest tutorial topics to be made available on the Food - a fact of life website are Diet through life and Obesity. We welcome your feedback on this new venture.

To access the latest interactive tutorials [Click here](#)

**Additional resources for Diet and Health**

Building on our new secondary resources, additional information has been published to the second module, Diet and Health. All PowerPoint presentations and note sheets are still in draft form and we welcome your comments and feedback.

The new topics include:

- bone health through life;
- factors affecting food choice;
- food intolerances;
- malnutrition.

[Click here](#)

**Do you want your Teaching Assistant to train to become a Food Technology Higher Level Teaching Assistant?**

You can register now for specialist Food Technology HLTA training, which provides:

- Auditing of training needs and planning a personalised programme.
- Face-to-face practical food preparation and cooking skills.
- Guided learning supported by a personal mentor, using multi-media resources, on-line tutorials and self assessment to develop knowledge and understanding of food technology, including practical skills; classroom health and safety; diet and nutrition; consumer awareness and hygiene and food safety.
- Classroom practice with an experienced teacher-mentor in a school.
- Health and safety accreditation to D&T Association Health and Safety standards, and food hygiene certification.
- On-going support provided by HLTA category membership of the professional association for food technology teachers for one year.

Funding is available from your Local Authority. Contact your local authority HLTA lead person to apply [Click here](#)  
If you are an LA interested in booking training for a group of Food Technology HLTAs, please contact us at [hlta@data.org.uk](mailto:hlta@data.org.uk)



## Nutrition

### **Restaurants and caterers to display calories on menus**

Eighteen major catering companies will introduce energy information on their menus for the first time from the end of April 2009. These include workplace caterers, sit-down and quick-service restaurants, theme parks and leisure attractions, pub restaurants, cafés and sandwich chains. The move will provide consumers with better information to make informed choices when eating out and is expected to benefit individuals and families trying to choose a healthier diet. For further information [Click here](#)