



Education News

Email Update

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* All schools

New website

The British Nutrition Foundation's main nutrition website, nutrition.org.uk, is currently being enhanced and will be launched at the beginning of September 2009. The newly designed site will feature enhanced search facilities, intuitive navigation and improved content. One exciting new element is a section named *Healthy living* which will provide advice and tips on putting healthy eating and an active lifestyle into practice. To complement this section, a newly created *Nutrition science* area will support the discovery of the science of nutrition, allowing pupils to find out why nutrition and physical activity are so important for health.

To check out the new site at the beginning of September [Click here](#).

Talk to us

Over the next few terms, we will be developing two new exciting resources for you. Firstly, we will be developing a series of Nutrition Basics video podcasts. The current plan is to base these around the topics of healthy eating and energy and nutrients. Do you agree that these would be helpful? What would you like them to cover? [Click here](#) to let us know.

Our second resource, Life Long Learning, will feature a suite of resources to support learning about food and nutrition during and/or after formal education. Who should these be aimed at? What would you like us to include? What do you think is important? [Click here](#) to let us know.

Thank you in advance for your time!

Scottish conferences

Time is running out to book your place at one of this year's Scottish conferences. The conferences offer updates from Curriculum for Excellence and FSA Scotland, as well as nutrition and resource updates from BNF's Education team. Delegates can also choose to attend either a primary oriented workshop or a secondary update from SQA. The conference costs £85 per delegate which includes refreshments, lunch and delegate notes.

We are delighted that our patron, HRH The Princes Royal, will be attending the conference on Friday, 11 September 2009.

The conferences dates and venues are as follows:

4 September – The Kingsmills Hotel, Inverness

5 September – The Palm Court Hotel, Aberdeen

11 September – Our Dynamic Earth, Edinburgh

12 September – The Marriot Hotel, Glasgow

Places are limited, due to the capacity of the venues, and are filling up fast. For further information or to book your place, please contact Kim at: k.ralph@nutrition.org.uk or call 020 7404 6504

* Pre-school

An exciting food poster

Are you looking for colourful material to display in your pre-school setting?

Why not order our A-Z food poster? The poster shows 26 food images which can be used for discussion. For example, you could ask children to name all the foods, identify their favourite foods, explain how the different foods taste or talk about other foods similar in shape or colour. The food images can also be cut out and used to create card-based activities such as sorting by colour or shape, or ordering alphabetically. A free, downloadable list of activity ideas is available to accompany the poster. A glossy, A2 sized poster can be ordered for £2.35 by [Clicking here](#) or you can download the poster and your free list of activity ideas by [Clicking here](#).

Computer activities in pre-schools – can you help?

As many of you will be aware, we are currently developing a new set of pre-school resources to be launched in September 2009. Included in these resources will be computer activities to help children learn more about healthy eating, cooking and where food comes from. We would like to find out what type of activities pre-school colleagues would find useful. If you have any great ideas for activities or top tips on how to make them appealing and

appropriate for pre-school children, do get in touch. Email, Claire at: c.theobald@nutrition.org.uk

Primary

How do you cut a tomato?

Would you like to undertake some cooking with your class this year but you feel a bit anxious?

We have lots of resources in our Cooking module to support your lessons and help you feel more confident. For example, our skills videos have been developed to show you and your class how to prepare food safely. In addition, there are lots of guidance notes on how to set up your cooking session, as well as some great recipes for you to try, including those which do not use heat. Why not start planning your food lessons for next term now? To find out more, follow these links:

[5-8 Cooking](#)

[8-11 Cooking](#)

Potato Council's Grow Your Own Potatoes competition winners

Congratulations to Herne CE Junior School, Kent who grew 3600g of Vales Emerald potatoes and Askern Spa Junior School, Yorkshire who grew 4988g of Rocket potatoes making them the champion growers. Congratulations also to Fawham CE Primary School and Ghyll Royd School who were picked as the random Grand Prize Draw winners. All runners up will receive raised beds for their vegetable gardens and the prizes will be awarded in September. For details on Grow Your Own Potatoes and to register for 2010 [Click here](#)

Secondary

Release of the latest module for secondary resources

Engaging new resources for our module, Production and Processing, for secondary schools are now available in draft form. The topics found within this new module include food product development, food processing and distribution. There is a wide range of PowerPoint presentations and note sheets available to use in your classroom. These provide a clear explanation of the stages in product design and also the main manufacturing processes used by the food industry. To view and download these exciting new resources [Click here](#)

Overview of the functional properties of food

This exciting new online tutorial is proving to be a popular teaching tool in the classroom. The five question pre-test ensures that students are directed onto one of the three differentiated learning pathways to meet their needs. The information on the different functions that carbohydrate, protein and fat play in food is provided, supported by short video clips to engage students. The simple interactive activity pages help to consolidate the information, before the students complete a final quiz. To view our comprehensive list of all the interactive online tutorials currently available [Click here](#)

Teach Food Technology

Teach Food Technology is an exciting new CPD programme to help develop the expertise and knowledge of teachers who are not food specialists. Funding has been made available by the DCSF to increase capacity for teaching food technology over the next two years in England. Trainees will go through a process of application to take part in the programme, and if they meet the criteria will take part in a needs analysis to inform their training needs and to allow for a personalised learning journey. Central to the programme is the development of practical skills and methodology of teaching practical food technology lessons.

For further information on how to become involved [Click here](#)

Nutrition update

Review on organic foods published

A systematic review commissioned by the Food Standards Agency and conducted by the London School of Hygiene and Tropical Medicine has been published. It looked at differences in nutrient levels of organic and conventionally-produced foods, as well as the health benefits of eating organic food.

The review concludes that there are no important differences in the nutrition content or additional health benefits of organic food compared with conventionally produced food.

You may find this a stimulus for older children to discuss.

For further information on the review and organic foods [Click here](#)

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