



# Education News

## Email Update

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**September 2009**

Would you like to forward this email to a friend, or open it in your internet browser? If so, follow the links at the bottom of this email update.

### \* All schools

#### **Last chance for Scotland!**

This is the final call 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. You can also choose to attend either a primary oriented practical workshop or a secondary update from SQA.

The conferences dates and venues are:

- \* 11 September – Our Dynamic Earth, Edinburgh
- \* 12 September – The Marriot Hotel, Glasgow

We are delighted that our Patron, HRH The Princes Royal, will be attending the conference on Friday, 11 September 2009. The conference costs £85 per delegate which includes refreshments, lunch and delegate notes.

To secure your place, email Kim before 4pm, 9 September 2009: [k.ralph@nutrition.org.uk](mailto:k.ralph@nutrition.org.uk)

#### **food route - a journey through food**

A new range of free teaching materials to support the FSA Core Food Competences have recently been launched for primary and secondary schools throughout the UK. Entitled *food route - a journey through food*, the resources aim to encourage and support children and young people working through the competences' four areas of learning: *Diet and health*, *Consumer awareness*, *Cooking and Food safety*. Working on behalf of the Food Standards Agency, the Foundation has developed target charts for primary school aged children and journals for secondary school aged pupils. To access these free resources, [Click here](#)

### \* Pre-school

#### **Tasty toast**

Breakfast is an important meal for all of us, so it's a great idea to teach this message to children as early as possible. Our pre-school session, Tasty toast, looks at the importance of breakfast and challenges children to prepare a tasty toast topping for their favourite toy. To help children learn more about what they can eat for breakfast, the cooking task can be followed by the *Breakfast pairs* activity. This involves matching images of different breakfast elements, e.g. smoothies, egg and toast, cereal. To download the session plan, recipe and *Breakfast pairs* activity, [Click here](#)

### \* Primary

#### **Food – a fact of life PowerPoint presentations**

Amongst the resources on the *Food - a fact of life* website there are lots of PowerPoint presentations to help you deliver lessons on healthy eating, cooking and where food comes from. Here are 3 suggestions to get you started:

- [The eatwell plate](#), PowerPoint 102 - Introduce your class to healthy eating with this basic presentation about *The*

*eatwell plate*. The presentation looks at each of the food groups and the simple messages they provide.

- [Hygiene](#), PowerPoint 204 – Get your class prepared for cooking with this colourful presentation which goes through the important steps for getting ready to cook.
- [Animals](#), PowerPoint 302 – This presentation looks at the different foods which are provided by animals.

There are lots more presentations throughout the site. Why not explore them now? [Click here](#)

### **Food in Schools**

Free practical food-based CPD is available to all primary schools in England through the Food in Schools primary training programme. Have you taken up your place yet? Provided by local secondary school food technology experts, the programme covers essential food skills and knowledge, focuses on healthy eating and links to both the curriculum and healthy schools. To find out more, email [foodinschools@data.org.uk](mailto:foodinschools@data.org.uk)



## **Secondary**

### **Teach Food Technology**

Funding has been made available by the DCSF to increase capacity for teaching food technology over the next two years in England. The Teach Food Technology programme is in place to support 3 main categories of teachers, ensuring that they bring appropriate skills, knowledge and understanding to the classroom:

- qualified design & technology teachers with a different specialism;
- qualified teachers of other subjects;
- newly qualified teachers (NQTs) and others setting up a food room from scratch.

Central to the programme is the development of practical skills and methodology of teaching practical food technology lessons. For more information, [Click here](#)

### **Secondary video clips**

Have you seen the digitised food technology video clips yet? You can find these in the fourth module, *Production and Processing*. These short snippets provide information on the stages of food product development. To view these now, [Click here](#)

### **Inspire!**

Would you like to win £1,500 for your school? Can you enthuse other teachers by creating an original and inspiring lesson(s) based on flour? The competition is open to teachers of pupils aged 11-14 years in the UK. Student teachers in their final year are also eligible to enter with the prize money going to their school in September 2010. For more information, [Click here](#)



## **Nutrition update**

### **Revised UK Government advice on peanut consumption during early life and allergy risk**

The Foundation completed a systematic review on behalf of the FSA earlier which shows there is no clear evidence that eating or not eating peanuts (or foods containing peanuts) during early life stages influences the chances of a child developing peanut allergy. The Government has now revised guidelines on peanut consumption during pregnancy, breastfeeding and when introducing peanuts into a child's diet and allergy risk.

In addition, the advice also states that if the child already has another kind of allergy, carers should consult health professionals before giving peanut to the child for the first time, because these children are at higher risk of developing peanut allergy. For further information on the revised guidelines, [Click here](#)

### **Munching through the crunch/ Eating on a budget**

FSA Wales has recently published tips on how to eat healthily without spending too much. These include advice on being a smart shopper, choosing cheaper cuts of meats, cutting down on food waste and going for cheaper eating out options. Healthy, low-cost recipes are also available. To have a look at the tips and recipes, [Click here](#)

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