



# Education News

## Email Update

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### \* All schools

#### Have you seen the *Food route* poster in Education News?

The latest poster is an exciting board game which supports the Food Standards Agency's, Core food competences. The competences are progressive statements which detail what children and young people should know about Diet and health, Cooking, Consumer awareness, and Food safety. The Food route poster board game helps children learn about the competences by asking them questions about these four areas. The aim of the game is for pupils to get each of their four characters, *The edibles*, around the board. They must answer questions about food as they go. This game is aimed at primary and early secondary aged pupils.

To download your *Food route* poster board game, question cards and rules, [Click here](#)

To view/order your free *Food route* resources from the Food Standard's Agency, [Click here](#)

To sign up for Education News, our free newsletter published three times a year, email Kim at [k.ralph@nutrition.org.uk](mailto:k.ralph@nutrition.org.uk)

#### Are you looking for posters to inspire and support food lessons?

We have four design and make posters focusing on fruit and vegetables, sandwiches, bread and biscuits. Each poster includes colourful images of the ingredients which could be added to the dish. Both the bread and biscuit poster also include a simple recipe which can be adapted. For this month only a set of all four design and make posters is available at the special rate of £5, a saving of £4.40. To order your set, [Click here](#)

#### Getting food transition right!

Moving from primary to secondary school is a big change for pupils. Many subject areas run transition projects to help support children and their education as they make the move. But how useful are these projects to children and teachers? We are exploring ideas and resources for food based transition projects and would like to know your thoughts.

- What type of food project or record would be manageable for primary teachers?
- What information about pupils' knowledge of food skills and cooking would be useful to secondary food teachers?
- What is the key to making these transition projects or records valuable for all involved?

If you have any thoughts or ideas, or perhaps you have some tips on running successful transition projects, please do get in touch. Email Claire at: [c.theobald@nutrition.org.uk](mailto:c.theobald@nutrition.org.uk)

#### Life Long Learning

We are currently looking into developing 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? To complete our short survey, [Click here](#)

### \* Pre-school

#### New pre-school resources are here!

We are delighted to announce the launch of our new pre-school resources for children aged 3-5 years. There are 12 new activity sessions, four in each of the following areas: Healthy eating, Cooking and Where food comes from. Each session comprises activity notes and colourful resources. To get you started, why not have a look at:

[Fruit and vegetable bingo](#)

[Kitchen equipment jigsaws](#)  
[Perky punch recipe](#)

Do let us know what you think of these new resources, email your comments to Claire, at:

[c.theobald@nutrition.org.uk](mailto:c.theobald@nutrition.org.uk)



## Primary

### Get interactive with *The eatwell plate*

Have you used any of these interactive activities listed below with your children? The 5 activities have been designed to be user friendly and help teach important concepts about *The eatwell plate*. The activities are also progressive, introducing different concepts at different stages.

[Make a balanced plate!](#)

[Make a healthy lunchbox!](#)

[Unmuddle the meals](#)

[Alisha and Ronnie](#)

### Food in Schools - Primary training

Do you undertake work with food in primary school in England? If so, why not sign-up for your free local food training from an experienced secondary school food technology teacher? 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

### Pilot webinars

We would like to invite you to join us in two pilot webinars in November and December this year. These will be aimed at A-level/Advanced Higher students and their teachers. A webinar is an online seminar, where you will be given the opportunity to ask questions and provide feedback. In order to participate in the pilot, you must have either flash player, window's media player or quick time player installed on your computer, as well as speakers. An online questionnaire would need to be completed by each pilot participant following the webinar pilot to assist in evaluation.

The two webinar opportunities are:

17 November - Food allergies and intolerances 1.30pm

1 December - Diet through life 1.30pm

To register your interest in participating in the pilot, please email Michelle Rowcliffe at: [m.rowcliffe@nutrition.org.uk](mailto:m.rowcliffe@nutrition.org.uk)

### New release - Video Podcast 6: Energy balance, diet and activity

Episode 6: Energy balance, diet and activity has now been released. This video podcast explains the role of diet and activity in energy balance. Keep an eye out for the supporting classroom resources, such as teacher notes, a PowerPoint presentation and worksheets, which will be available shortly. To download or view the sixth episode online, [Click here](#)

### Free lecture - The role of fat in the diet

The Foundation is delighted that Professor Tom Sanders, Professor of Nutrition and Dietetics at King's College London, has agreed to deliver the Annual Lecture in 2009 on the topic of 'The role of fat in the diet - quantity, quality and sustainability'. Professor Sanders is a member of BNF's Board of Trustees, as well as one of the Foundation's Scientific Governors.

The lecture will be given at the BNF's Annual Day, to be held at the Royal College of Physicians, London, on 25 November 2009. The lecture will start promptly at 3pm, finishing at 4pm. The lecture will be of interest to sixth-form students, university undergraduates and all those with an interest in nutrition. There is no cost for tickets.

Tickets are issued on a first come, first served basis. If you would like to register for tickets, please email Christine Price with your contact details, at: [c.price@nutrition.org.uk](mailto:c.price@nutrition.org.uk)

### Teach Food Technology

Are you teaching Key Stage 3 food technology in a secondary school in England, but are not food trained? Do you have a colleague who needs support? 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 the development of practical skills and methodology of teaching practical food technology lessons. For more information, [Click here](#)



## Nutrition update

**The latest salt reduction campaign**

The Agency has launched the Go Lower road show in October to help consumers choose lower-salt varieties of food by giving them practical tips and vouchers to buy lower-salt foods in major supermarkets. Further to this, adverts on TV and radio, on posters and buses, are produced to encourage people to find out if their food is 'full of it' by comparing food labels. Owners of web-enabled phones can also check their shopping's salt content by using a free application created for the salt campaign. For more information about the campaign and ways to reduce salt intake, [Click here](#)

**Fish advice ties in with sustainability**

FSA has worked with a range of stakeholders to produce updated advice on fish and shellfish to help consumers make informed, sustainable food choices. The Agency advises that people should continue to eat at least two portions of fish a week, one of which should be an oily fish. However, consumers are asked to think about sustainability when they choose which fish to eat. Some suggestions include: try to choose fish that has been produced sustainably or responsibly managed, look for assurance scheme logos and be adventurous and eat a wider variety of fish species.

For further information on fish and shellfish, fish allergy and recommendations for adults and children, [Click here](#)

**Safe Catering guide to students in Northern Ireland**

FSA Northern Ireland has been working with further education colleges across Northern Ireland to include its Safe Catering guide in the teaching of catering and hospitality courses. This aims to train catering and hospitality students in the food safety management principles of Hazard Analysis and Critical Control Points (HACCP) before they enter the industry.

To know more about the guide and download it, [Click here](#)

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