



Education News

Email Update

British Nutrition Foundation High Holborn House 52-54 High Holborn London WC1V 6RQ
Tel: 020 7404 6504 Fax: 020 7404 6747 Email: postbox@nutrition.org.uk Web: www.nutrition.org.uk • www.foodafactoflife.org.uk



April 2009

All schools

Are you a subscriber for Education News?

Education News is our free printed newsletter published three times a year. It provides an update on food education in schools, projects BNF is involved with, and new resources. Each issue opens out to become a colourful A2 poster which can be displayed in the classroom. The poster in April's issue, *Food Choice and Acceptability*, looks at the sensory and environmental influences on our food choices. The summer term issue will be sent out after Easter. To sign up for Education News, please email your name and address to Kim at: k.ralph@nutrition.org.uk

Active Kids Get Cooking Challenge 2009

Get your students inspired about breakfast and enter this year's Active Kids Get Cooking Challenge. There is still time! The challenge is:

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

The judges will be looking for entries which:

- * are creative;
- * demonstrate a range of food skills and techniques;
- * follow healthy eating guidelines and include a drink;
- * use foods from at least 3 of the main food groups from The eatwell plate.

The closing date is 15 May 2009.

To get started and find all the resources and details, go to: www.activekidsgetcooking.org.uk

There will be prizes for the best primary, secondary and special school entries from England, Northern Ireland, Scotland and Wales.

Pre-school

Brilliant bread

Have you ever made bread with your pre-school children? Now is your chance! The *Brilliant bread* session provides the opportunity to explore different types of bread, and how it is eaten around the world. Children learn how to make bread and develop kneading and shaping skills. The session includes a simple bread recipe with ideas for additional ingredients which can be added to help the children create their own unique batch. The activity can be followed with a round of *Bread dominoes* to reinforce a selection of bread types. A parent/carer letter is included. This explains what the children have been doing and provides a bread recipe so parents/carers can have a go at home.

Why not download the *Brilliant bread* resources now?

<http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=17&ionId=67&contentId=213>



Primary

Food in Schools

Are you a primary teacher responsible for food education or Healthy Schools? Food in Schools training could be the programme for you.

What does Food in Schools involve?

- * Free food training using a DSCF accredited trainer;
- * Practical hands-on cooking sessions;
- * Information about where to find free resources, follow up advice, support and accreditation for all staff involved;
- * All the benefits, as part of your Healthy Schools initiative (a vital ingredient of the Every Child Matters agenda) for your school community, pupils, staff, governors and parents.

To register or to find out more, go to: www.foodinschools.org or email foodinschools@data.org.uk with your school details.

Energy balance interactive activity and guidance notes

Have you explored our *Energy balance* activity, yet? The player starts by selecting a character, Nicola or Jordon, and then the food, drink and activity for a day. The aim is for their character to finish the day having eaten a healthy balanced diet and carried out enough activity to be in energy balance.

To help you use the activity to its full potential with your children, we have produced a short guide. The guide helps explain key messages and important teaching points, as well as how to navigate the activity. To find the activity and guidance, go to:

<http://www.foodafactoflife.org.uk/section.aspx?t=0&siteId=15&ionId=64>



Secondary

Are you a secondary food teacher?

Are you looking for updates on the latest topical nutrition science and education initiatives? Come and join our Nutrition Matters in Teaching conference on Saturday 20 June at the Kingsway Hall Hotel in London. With compulsory food education fast approaching, this is an important conference not to miss. The conference includes updates from HMI and FSA with topical nutrition news, and information about the new BNF secondary resources. It also offers the opportunity for you to chat to colleagues over lunch, with a glass of wine or fruit juice. The cost of the day is £85. For the full programme and registration details, go to:

<http://www.nutrition.org.uk/nnec>

If you would like to be invoiced for a place, email Kim at: k.ralph@nutrition.org.uk

Diet and Health

The second module, *Diet and Health*, has now be published. This module supports secondary school students learning about:

- * diet through life, e.g. pregnancy, older people;
- * health issues, e.g. CHD, obesity, cancer;
- * lifestyle factors, e.g. sports nutrition.

The familiar range of PowerPoint presentations, note sheets and work sheets are available. Two levels of information, foundation and extension, have been created to help with progression. This module will have additional resources added over the Easter period. To view and download these new free resources, [click here](#).

Interactive tutorials

An innovative feature of the new secondary resources is the introduction of differentiated and interactive tutorials for students. Currently, the tutorials cover *The eatwell plate*, 8 tips for eating well, energy and nutrients, alcohol and digestion. More are planned.

To start, the student enters their name and then answers 5 multiple choice questions. Based on their score, the student is then sent on 1 of 3 differentiated routes of learning. Through this learning journey, students interact with the tutorial topic through a series of related tasks. At the end, a series of question is provided based on their experience. Finally, a report can be printed to support assessment.

There are many different ways to use the tutorials, such as:

- * integration into schemes of work;
- * revision;
- * cover lessons;
- * homework (with students bringing the printed final report in from home);
- * support for students who miss lessons.

To view the current list of interactive tutorials available, [click here](#).

Licence to Cook

Since its launch in September 2008, over 2,200 special and secondary schools in England have been trained to take part in Licence to Cook. In addition, over 180,000 students are registered on its website – this is a wonderful achievement. This has ensured that thousands of students have had enhanced cooking experiences at school.

The Foundation is delighted to announce that it will be working with the Design and Technology Association and the Specialist Schools and Academies Trust on the next phase of Licence to Cook – taking schools forward to 2011, when food becomes compulsory in English secondary schools. The future will focus on professional development for teachers, as well as providing training for those schools currently not engaged.

To find out more, or to register for a training course, go to: www.licencetocook.org.uk