



# *Food – a fact of life – what's new?*

Claire Theobald, Education Services Manager  
British Nutrition Foundation

# Cooking on a budget: Healthy affordable dishes

Start with the...

Cooking on a budget:  
Healthy affordable dishes  
activities ([sheet](#)), for ideas  
and links to:

- recipes;
- cost calculators;
- fact sheets;
- presentations;
- activities.



**11 - 14 YR**

**Cost and sensory evaluation**

An activity to investigate sensory perception and the cost of food.

(0.28 Mb)

[Download](#)

**MULTI-YR**

**Costing a recipe**

A template to calculate the cost of a recipe.

(0.29 Mb)

[Download](#)

**RECIPE**

**Pork meatballs with a cheesy crumb topping**

**Complexity** Medium-High

**45 min**

[View Recipe](#)

**11 - 14 YR**

**Working to a budget**

An activity to calculate the cost of a recipe and suggest how this could be reduced.

(0.21 Mb)

[Download](#)

**Super soup**

Get creative, prevent food waste and make your own soup.

**1** Start with one of these bases (low-salt stock cube and 600ml water):  
Veg stock    Beef stock    Chicken stock

**2** Pick a protein:  
Meat    Beans or chickpeas (can)    Lentils (can)

**3** Add 3 vegetables (approx. 150g prepared):  
Carrots    Spinach    Mushrooms  
Onion    Tomatoes    Squash  
Potatoes    Corn    Cauliflower  
Peas    Celery    Broccoli  
Leek    Kale    Peppers  
Pepper    Barley

**4** Add a starchy carbohydrate (approx. 50g):  
Rice    Noodles    Pasta  
Barley

**5** Add some flavour (½ - 1 x 5ml spoon):  
Garlic    Basil    Parsley  
Chives    Thyme    Pepper  
Chilli    Oregano    Paprika  
Bay leaves

**Equipment**  
Chopping board, knife, vegetable peeler, measuring spoons, saucepan, measuring jug.

**Method**

1. Peel, chop, dice or slice the vegetables. Crush the garlic if using.
2. Heat 1 x 5ml spoon, or a few sprays, of oil in a saucepan and gently fry the onion and garlic if using.
3. If using raw meat, brown this with the onion.
4. Add the other vegetables to the pan. If using spinach or mushrooms, add these five minutes before the end.
5. Add your chosen protein and starchy carbohydrate. Remember to drain and rinse canned beans or lentils.
6. Add 500ml stock to the pan and bring to the boil. Add your seasoning/flavour. Reduce the heat and simmer for 20 minutes or until the vegetables and starchy carbohydrate are cooked.

\*Depending on what you choose the protein may be added later in the cooking time.

© Food – a fact of life 2023

www.foodafactoflife.org.uk

To find out more, go to:

<https://www.foodafactoflife.org.uk/11-14-years/cooking-11-14-years/planning-what-to-cook-11-14-years/#cost>

# Careers in food

- Poster
- Case studies – careers that *feed and inform* the nation
- Video – National Skills Academy for Food & Drink

To find out more, go to:

<https://www.foodafactoflife.org.uk/whole-school/careers-in-food/>



**Deputy Head of Food**  
Claire Gibbs, Charlie Bigham's  
[DOCX](#)

**Executive Chef**  
Dennis Mwakulua, Lexington Catering  
[DOCX](#)

**Company Nutritionist**  
Nilani Sritharan, Sainsbury's Ltd.  
[DOCX](#)  
(0.67 Mb) [Download](#)

**Head Stockman**  
Phil Gordon-Jones, Daylesford Organic Farms Ltd.  
[DOCX](#)  
(0.3 Mb) [Download](#)



**National Careers Week, 6 – 11 March 2023**

# Global cuisine recipes and supporting resources

Introductory presentation, fact sheet (history, traditions, ingredients) and recipes, available for:

- African;
- Middle Eastern;
- Eastern Asian;
- Caribbean Islands;
- South American;
- and Eastern European cuisines.

### Recipes from South American cuisines

Some from Central and North America too!



**Chimichurri fish traybake**  
Complexity Medium  
Time 45 mins  
[View Recipe →](#)



**Quibe and spicy tomato sauce**  
Complexity High  
Time 45 mins  
[View Recipe →](#)



**Perico**  
Complexity Low-Medium  
Time 30 mins  
[View Recipe →](#)



**Cajun inspired vegetable stir-fry**  
Complexity Medium-High  
Time 30 mins  
[View Recipe →](#)



**Cheese and corn empanadas**  
Complexity Medium-High  
Time 60 mins  
[View Recipe →](#)



**Chunky bean mole with homemade salsa**  
Complexity Medium  
Time 30 mins  
[View Recipe →](#)



**Vegan meat free chilli**  
Complexity Medium-High  
Time 45 mins  
[View Recipe →](#)



**Quick bean enchiladas**  
Complexity Medium-High  
Time 30 mins  
[View Recipe →](#)

**South American cuisines – a brief overview**

South American cuisine – an overview. The continent is home to Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, French Guiana, Guyana, Paraguay, Peru, Suriname, Uruguay, Venezuela.

South America is the fourth-largest continent and is home to the world's largest rainforest and the world's driest place (the Atacama Desert). It can be divided into three physical regions – mountains and highlands, river basins and coastal plains – all of which have an influence on the food and drink that are produced.

**Food crops and farming**

Corn (maize), a native of tropical America and now a staple in countries around the world, is the most widely cultivated crop throughout the continent. Wheat, along with other cereals, was introduced by the Spanish and Portuguese to South America, where it is still grown. Beans are widely cultivated and form an important food item in most countries. Potatoes are native to the Andes. It is now a dietary staple of many European countries. Quinoa is a grain that was first cultivated in the Andes Mountains of South America.

Cacao is native to the Americas region and the source of coca, was introduced to South America and is still cultivated in many parts of South America, particularly in the state of Bahia. Brazil. Avocados also originated in the same region.

Europeans introduced a number of plants to the continent. Sugarcane was first cultivated in the humid tropics of South America since early colonial times, especially in northern Brazil, where it became the mainstay of the economy.

Since the early 1970s Ecuador has become one of the largest banana exporters in the world. It is also a major producer of pineapples, which are grown widely throughout tropical and subtropical environments in South America.

Soybeans were introduced in the 1950s in the Argentine Pampas and in the 1960s in southern Brazil. By the turn of the 21st century, Paraguay had also become one of Latin America's top exporters of soybeans.

To find out more, go to:

<https://www.foodafactoflife.org.uk/professional-development/teaching-and-learning/planning-and-teaching/the-future-of-food-education/future-of-food-education-teacher-training-resources/>

# Supporting pupils with additional needs

- A framework and structure for teaching – healthy eating, cooking and where food comes from.
  - Nine key areas.
  - All resources fully editable.
  - Peer-to-peer recipe videos and recipes with Widgit<sup>©</sup> Symbols.
  - Resources to support the development of skills for independent living (and work).
  - Teacher training, including a webinar with Sophie Spiteri from Mencap around how to write in an accessible way.



## Visit the dedicated website area:

<https://www.foodafactoflife.org.uk/pupils-with-additional-needs>

# Food and Nutrition - Key terms and definitions

- A handy glossary of all the key words and phrases that pupils will need to know when learning about food.
- Will be regularly updated with new terms.
- Perfect for revision!

## Link:

[https://www.foodafactoflife.org.uk/media/dbptflx/food-and-nutrition\\_key-terms-and-definitions-v2.pdf](https://www.foodafactoflife.org.uk/media/dbptflx/food-and-nutrition_key-terms-and-definitions-v2.pdf)



[A](#)  
[B](#)  
[C](#)  
[D](#)  
[E](#)  
[F](#)  
[G](#)  
[H](#)  
[I](#)  
[J](#)  
[K](#)

## A

- **Absorption:** The movement of the end products of digestion through the intestinal wall and into the bloodstream.
- **Acid:** Any substance that increases the concentration of hydrogen ( $H^+$ ) ions when added to a water solution (pH 1-6).
- **Acidulation:** Making something more acidic.
- **Active absorption:** A carrier transports nutrients through the wall of the small intestine, into the blood supply.
- **Additives (food):** Substances added to food and drink to perform specific functions, e.g., add colour, sweeten, or preserve.
- **Advertising:** Advertising is a form of communication for marketing and used to encourage, persuade, or manipulate an audience to continue or take some new action.
- **Aerate:** Incorporate air into a mixture.
- **Aflatoxins:** Toxic substances produced by the growth of certain moulds on foods, e.g., on peanuts.
- **Agar:** A polysaccharide, extracted from seaweed, capable of forming a gel. Can be used to thicken and set food products as an alternative to [gelatine](#).
- **Alcohol:** Ethyl alcohol (ethanol –  $C_2H_5OH$ ) which is formed by the fermentation of sugars by yeasts. Found in wines, spirits, and beers.

# Teaching Primary Food and Nutrition (TPFN) professional development programme

- For primary school teachers, trainees and teaching assistants
- To build practitioner confidence and competence in teaching food and nutrition
- Supporting high quality food and nutrition lessons, and a whole school approach to food
- Professional Portfolio (binder and booklet) for the first 1,500 registrants!



Portfolios will be posted after Easter, and at the end of June and September 2023.

To find out more, go to:

<https://www.foodafactoflife.org.uk/teaching-primary-food-and-nutrition/>

# Healthy Eating Week, 12 – 16 June 2023

## Healthy Eating Week – For Everyone

### Themes:

- Focus on fibre
- Get at least 5 A DAY
- Vary your protein foods
- Stay hydrated
- Reduce food waste



### Healthy Eating Week 2022

6,400 registrants,  
representing...

1.8 million participants

100,000 resources downloaded

Register for free resources and updates to help you plan and run the Week!  
[www.healthyeatingweek.org.uk](http://www.healthyeatingweek.org.uk)

# Training events

## Coming up...

- [Nutrition and gut health - myths and false promises? \(22.3.23\)](#)

## Catch up on recent past events:

- [Food styling and presentation to elevate everyday dishes](#)
- [Using nutritional analysis in a meaningful way](#)



**Nutrition and gut health - myths and false promises?**

This webinar will introduce the topic of nutrition and gut health, exploring foods and ingredients.

To view all our conferences, webinars, practical workshops and online courses, go to:

<https://www.foodafactoflife.org.uk/professional-development/ffl-training/>



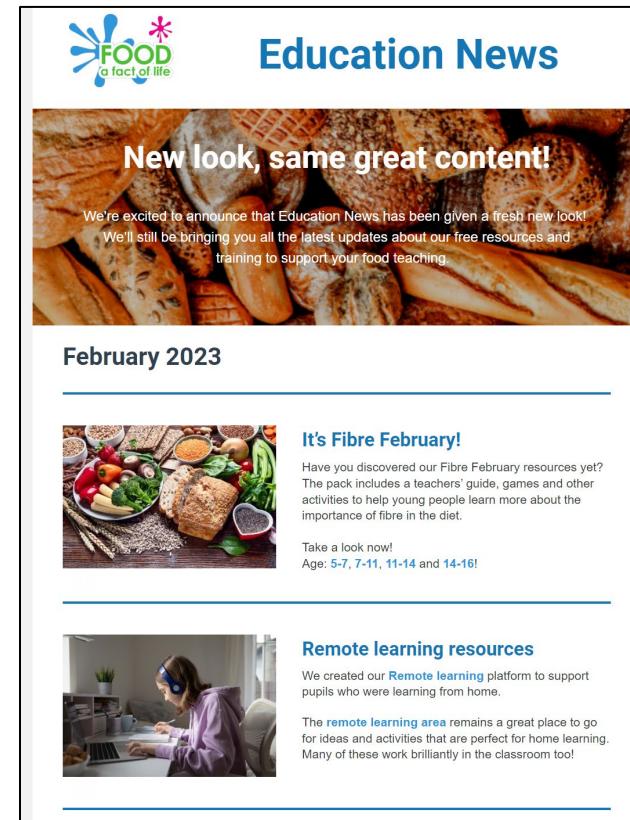
# Keep up to date with our free resources and training

**Education News** (monthly email update)  
and **PPD newsletter**

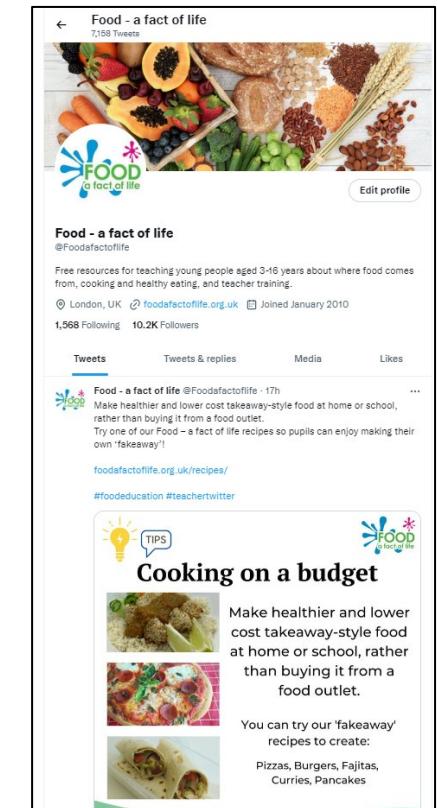
Sign up on the homepage:  
[www.foodafactoflife.org.uk](https://www.foodafactoflife.org.uk)

**Follow us on Twitter @Foodafactoflife**  
<https://twitter.com/foodafactoflife>

**Keep in touch:**  
[education@nutrition.org.uk](mailto:education@nutrition.org.uk)



The screenshot shows the 'Education News' website. At the top, there is a logo for 'Food - a fact of life' and the title 'Education News'. Below this is a large image of various breads and pastries. The text 'New look, same great content!' is overlaid on the image. A sub-headline reads: 'We're excited to announce that Education News has been given a fresh new look! We'll still be bringing you all the latest updates about our free resources and training to support your food teaching.' Below this is a section for 'February 2023' featuring an image of healthy food items like bread, fruits, and vegetables. A callout 'It's Fibre February!' provides details about a resource pack. Another section, 'Remote learning resources', shows a person working on a laptop and describes the platform for home learning.



The screenshot shows the Twitter profile for 'Food - a fact of life'. The profile picture is the same as the website logo. The bio reads: 'Free resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating, and teacher training.' It shows 1,568 following and 10.2K followers. Below the bio, there are sections for 'Tweets', 'Tweets & replies', 'Media', and 'Likes'. A recent tweet from 'Food - a fact of life @Foodafactoflife' discusses 'Fibre February' and includes a link to the recipes page. Another tweet promotes 'Cooking on a budget' with images of various dishes.