



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


Recipe Name	Cost	Ingredients
Recipe Name	£0.00	
Recipe Name	£0.00	
Recipe Name	£0.00	
Recipe Name	£0.00	
Recipe Name	£0.00	
Recipe Name	£0.00	
Recipe Name	£0.00	
Recipe Name	£0.00	

Costing a recipe

A template to calculate the cost of a recipe.

(0.29 Mb) [Download](#)

11 - 14 YR




Working to a budget

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


(0.21 Mb) [Download](#)

RECIPE



Pork meatballs with a cheesy crumb topping

Complexity Medium-High



Super soup

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

- Start with one of these bases (low-salt stock cube and 500ml water):
Veg stock Beef stock Chicken stock
- Pick a protein:
Meat Beans or chickpeas (can) Lentils (can)
- Add 3 vegetables (approx. 150g prepared):
Carrots Spinach Mushrooms Celery Kale
Onion Tomatoes Squash Broccoli Peas Peppers
Potatoes Corn Cauliflower Leek
- Add a starchy carbohydrate (approx. 50g):
Rice Noodles Pasta Barley
- Add some flavour (1/2 - 1 x 5ml spoon):
Garlic Basil Parsley Chilli
Chives Thyme Pepper Oregano Bay leaves

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

Method

- Peel, chop, dice or slice the vegetables. Crush the garlic if using.
- Heat 1 x 5ml spoon, or a few sprays, of oil in a saucepan and gently fry the onion and garlic, if using.
- If using raw meat, brown this with the onion.
- Add the other vegetables to the pan. If using spinach or mushrooms, add these five minutes before the end.
- Add your chosen protein* and starchy carbohydrate. Remember to drain and rinse any canned beans or lentils.
- 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.

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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.foodfactoflife.org.uk/whole-school/careers-in-food/>



MULTI-YR

Deputy Head of Food

Claire Gibbs, Charlie Bigham's

DOCX

MULTI-YR

Company Nutritionist

Nilani Sritharan, Sainsbury's Ltd.

DOCX

(0.67 Mb) Download

MULTI-YR

Executive Chef

Dennis Mwakulua, Lexington Catering

DOCX

MULTI-YR

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

Complexity:

Time:

[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 enchilada

Complexity:

Time:

[View Recipe →](#)

South American cuisines – a brief overview

South American cuisine – an overview.
The countries of South America are: 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 river (the Amazon) as well as 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 diet of that area.

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 Spaniards in the 1500s throughout Andean South America, where it is still grown. Beans are widely cultivated and form an important food item in most countries. The potato, which originated in the high Andes, 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 Amazon region and the source of cocoa, was prized by indigenous peoples 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 has been 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. Mangoes, oranges, lemons, and grapefruits 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.

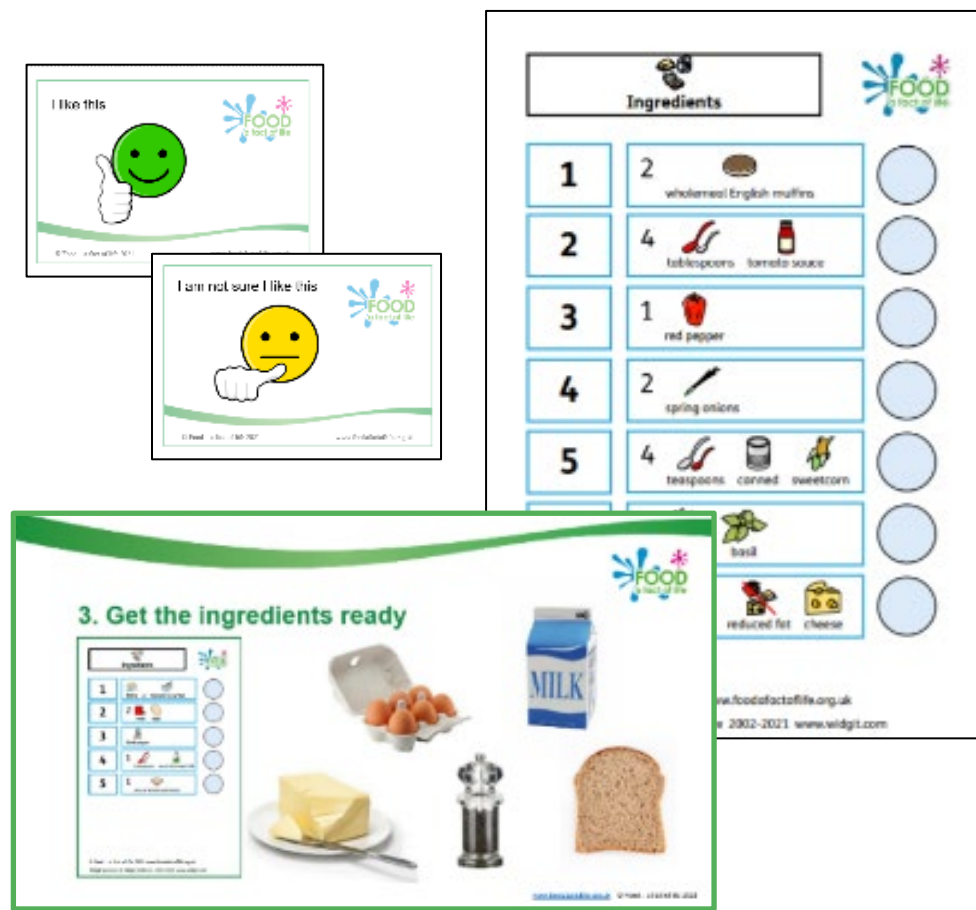
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To find out more, go to:

<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® 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/dbtptflx/food-and-nutrition_key-terms-and-definitions-v2.pdf



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.

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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

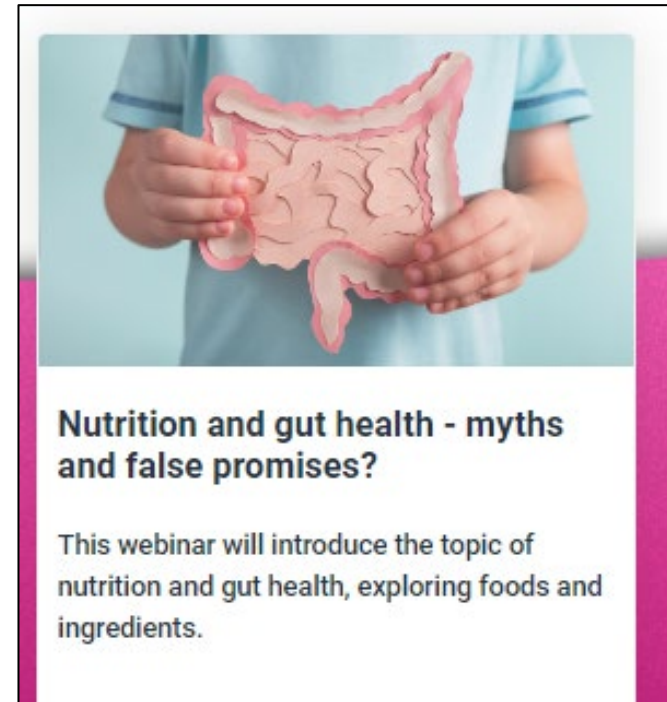
Training events

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](#)



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

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

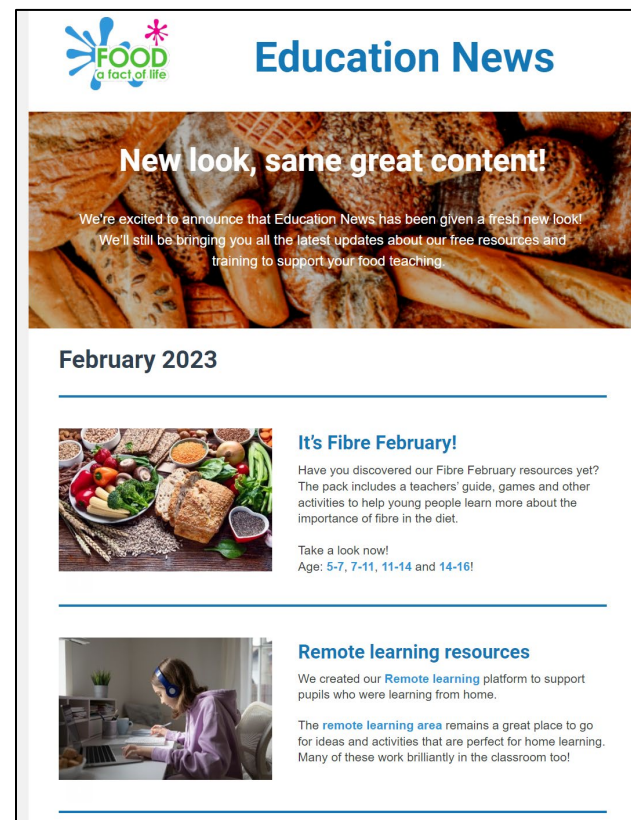
Keep up to date with our free resources and training

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

Sign up on the homepage:
www.foodafactoflife.org.uk

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

Keep in touch:
education@nutrition.org.uk



FOOD
a fact of life

Education News

New look, same great content!

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.

February 2023

It's Fibre February!

Have you discovered our Fibre February resources yet? The pack includes a teachers' guide, games and other activities to help young people learn more about the importance of fibre in the diet.

Take a look now!
Age: 5-7, 7-11, 11-14 and 14-16!

Remote learning resources

We created our **Remote learning** platform to support pupils who were learning from home.

The **remote learning area** remains a great place to go for ideas and activities that are perfect for home learning. Many of these work brilliantly in the classroom too!



Food - a fact of life
7,158 Tweets

Food - a fact of life
@Foodafactoflife

Free resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating, and teacher training.

London, UK · foodafactoflife.org.uk · Joined January 2010

1,568 Following · 10.2K Followers

Tweets · Tweets & replies · Media · Likes

Food - a fact of life · 17h
Make healthier and lower cost takeaway-style food at home or school, rather than buying it from a food outlet. Try one of our Food - a fact of life recipes so pupils can enjoy making their own 'fakeaway'!

foodafactoflife.org.uk/recipes/

#foodeducation #teachertwitter

TIPS
Cooking on a budget

Make healthier and lower cost takeaway-style food at home or school, rather than buying it from a food outlet.

You can try our 'fakeaway' recipes to create:

- Pizzas, Burgers, Fajitas, Curries, Pancakes