

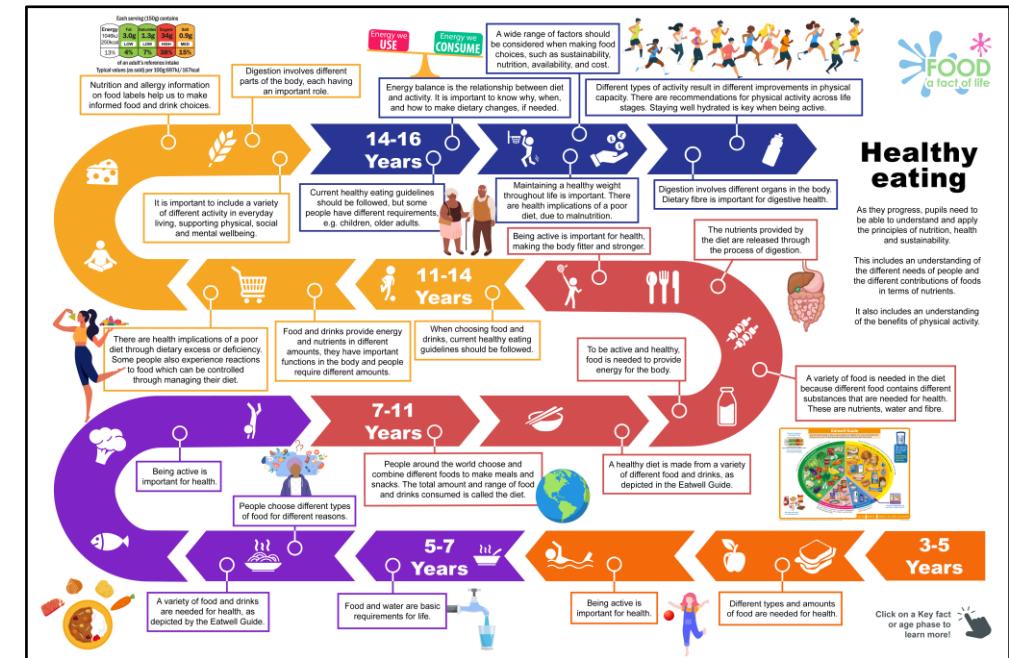


# *Food – a fact of life* resources and support

January 2024

# Food Curriculum Roadmaps

- Showcase the progressive, key learning that underpins the *Food – a fact of life* programme
- 3 x Roadmaps - healthy eating, cooking and where food comes from
- Provide a visual journey of what pupils from age 3 to 16 years need to know about food
- Print for planning file or display to show pupils their food learning journey
- Interactive versions click straight through to ready-to-use lesson plans and resources
- Show pupils, and others, the food learning journey!



Over 10,000 downloads to date!

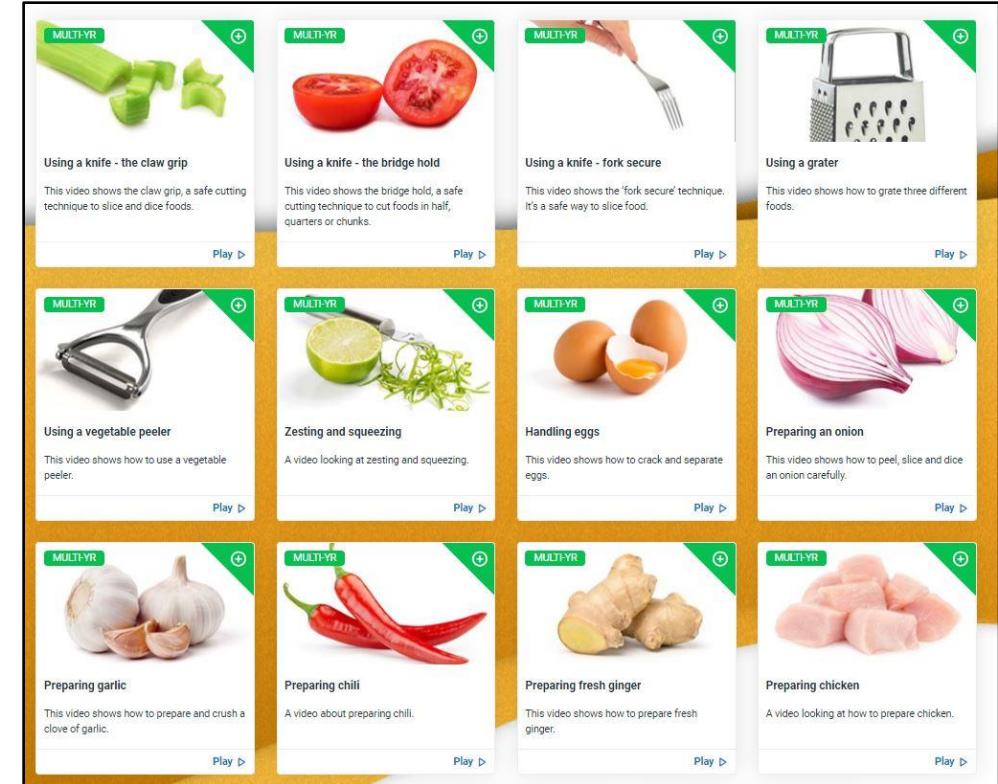
To find out more, go to: <https://www.foodafactoflife.org.uk/whole-school/food-a-fact-of-life-roadmaps/>

# Practical food skills videos

The *Practical food skills videos* are designed to show pupils how to safely and hygienically carry out different key food preparation techniques.

The videos:

- are clear and concise
- demonstrate the key aspects of different food skills
- end with a bulleted summary of what has been shown
- are carried out by pupils, to provide 'relatability' for young people



To find out more, go to: <https://www.foodafactoflife.org.uk/11-14-years/cooking-11-14-years/new-cooking-videos-11-14-years/>

# Practical food skills videos

Video types:

- Getting started, e.g. weighing, measuring
- Using equipment, e.g. electric hand whisks, food processors
- Preparing ingredients, e.g. onions, chilli, eggs

Coming soon! Teacher versions

A video thumbnail for a cooking skill. It features a photograph of a hand pouring a red liquid from a small glass jar into a measuring spoon. To the right of the photo is the 'Food - a fact of life' logo. Below the photo is the title 'Practical food skills: Measuring with spoons' in a green, sans-serif font. At the bottom right is a smaller photograph showing several different types of measuring spoons (teaspoons, tablespoons, and smaller ones) arranged on a light-colored surface. At the very bottom right of the thumbnail is a small line of text: 'www.foodafactoflife.org.uk © Food - a fact of life 2023'.

Practical food skills:  
Measuring with spoons

To find out more, go to: <https://www.foodafactoflife.org.uk/11-14-years/cooking-11-14-years/new-cooking-videos-11-14-years/>

# 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.





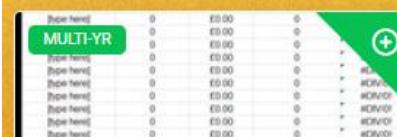
**11-14 YR**

**Cost and sensory evaluation**

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

(0.28 Mb)

[Download](#)



**11-14 YR**

**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**

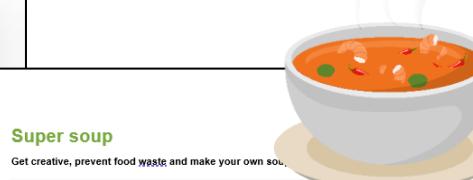
**Serves: 4 Prep Time: 10 minutes Cook Time: 25 minutes**

**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 Cauliflower  
Potatoes Corn Celery  
Peas Leek  
Kale Peppers  
Peas Leek  
Kale Peppers  
Lentils

**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.

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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
- 5 reasons to undertake a food apprenticeship [blog](#)

To find out more, go to:

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

Be inspired with a career in food

Careers are as diverse as the food we eat!

From farm to fork – careers that feed the nation

Producing

Processing

Providing

From farm to fork – careers that inform the nation

Advising

Educating

Communicating

Read inspiring career journeys here: [www.foodafactoflife.org.uk/whole-school/careers](https://www.foodafactoflife.org.uk/whole-school/careers)

Case studies: careers that 'feed' the nation

MULTI-YR Sheep Farmer Zoë Colville (0.65 Mb) Download

MULTI-YR Head Stockman Phil Gordon-Jones, Daylesford Organic Farms Ltd (0.3 Mb) Download

MULTI-YR Technical Manager - Horticulture Rebecca Smith, Valley Produce Ltd (0.32 Mb) Download

MULTI-YR Technical Darren Atkin (0.18 Mb) Download

National Skills Academy for Food & Drink video Amy Crooks

Careers in Food and Drink video Amy Crooks from NSAFD talks careers in the food and drink sector for pupils

Play ▶

National Careers Week, 4-9 March 2024

# 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!

			
<b>Chimichurri fish traybake</b>	<b>Quibe and spicy tomato sauce</b>	<b>Perico</b>	<b>Cajun inspired vegetable stir fry</b>
Complexity Medium	Complexity High	Complexity Low-Medium	Complexity
Time 45 mins	Time 45 mins	Time 30 mins	Time
<a href="#">View Recipe →</a>			
			
<b>Cheese and corn empanadas</b>	<b>Chunky bean mole with homemade salsa</b>	<b>Vegan meat free chilli</b>	<b>Quick bean enchiladas</b>
Complexity Medium-High	Complexity Medium	Complexity Medium-High	Complexity
Time 60 mins	Time 30 mins	Time 45 mins	Time
<a href="#">View Recipe →</a>			

**South American cuisines – a brief overview**

South American cuisine – an overview. The continent includes 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 Amazon rainforest, the Andes 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 diet of that area.

**Food crops and farming**

Cacao (cocoa) is a native of tropical America and now a staple in countries around the world. It is the most widely cultivated crop throughout the continent. Wheat, along with other cereals, was introduced to the continent by the Spanish. Avocados are native to South America, where it is the fourth largest producer. 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.

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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, pineapples and avocados 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)



Visit the dedicated website area: <https://www.foodafactoflife.org.uk/pupils-with-additional-needs>

# Cereals resources

Topics/resources:

- What are cereals?
- Baking bread
- Grain science
- Wheat, barley and oat farming and processing
- Knowledge organisers
- [Fibre February](#), [Bread](#) and [Harvest festival](#) activity packs

## Fibre February pack



Cereals resources for ages 11-14: <https://www.foodafactoflife.org.uk/11-14-years/food-commodities-11-14-years/cereals-11-14-years/>  
 Cereals resources for ages 14-16: <https://www.foodafactoflife.org.uk/14-16-years/food-commodities-14-16-years/cereals-14-16-years/>

# *Farming food for you posters*



- Beef cattle
  - Dairy
  - Sheep
  - Cereals
  - Pigs



**Hereford**



**Shorthorn**



**Aberdeen Angus**

**The beef farm and farmer**

There are around 35,000 beef farms in England, with small herds of only a few cattle, to farms with more than 100.

The farmer's most important job is to look after the health and welfare of the cattle.

Farmers help to support 1 million hectares of woodland and forest. They also help to protect the environment such as birds, insects and other animals. They also help after a plant or animal disease and wild fires.

Some farmers keep one breed of cattle, others keep two or more. Farmers choose breeds that are most suited to their area. e.g. the Highland cow has a coat that helps it to survive in cold weather.

Heifers (female cattle) can produce their first calf when they are two years old. After that, they give birth to one calf per year, for the rest of their lives.

**Beef cattle**

There are 34 breeds of cattle, which are native to the UK, including the Hereford, Aberdeen Angus, Hereford and Shorthorn.

Adult cattle weigh around 550-850 kg, depending on the breed.

Cattle have four compartments that are filled with blood and other nutrients. This means they are able to live off their plants as their main source of food.

Cattle spend the spring and summer months grazing. In winter, some cattle are brought inside to the weather conditions and land being unsuitable for grazing. These cattle may be fed or silage.

All cattle must have a tag in their ear or a passport that tracks where they have been.

Cattle can drink the equivalent of a bath tub of water every day!

Cattle live for 12-14 years per day, but only sleep for about 4 hours.

**Uses**

Beef cattle are normally sold between the ages of 12 and 22 months, when they are adults, for meat.

Beef is used in a wide range of different dishes and meals.



Spaghetti bolognese



Roast beef dinner



**Food Farmer**

**Farming food for you**

# Beef

There are more than 9.5 million beef cattle in the UK. Cattle can graze on land which is unsuitable for growing crops, such as moorland and hills.

Produced by you AND the 

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[foodfactoflife.org.uk](http://foodfactoflife.org.uk)

**AHDB**

sheep are over 33 million  
and sheep and Lambs  
in the UK. Sheep are able to  
walk on hills and uplands  
in other domestic stock can.

**Sheep**

ep farm  
nd 35,000 sheep  
ad, with small farms  
Name with more

most important job is  
he health and welfare

to support 1 million  
londians and forests,  
he countryside, and  
the environment, including  
h as birds, insects

of sheep can live  
outland, with harsh  
ve others are more  
dapted to live in areas  
ore grass.

ong period is in  
when the grass

Sheep have 4 compartments  
that act as a stomach and are  
able to eat grass and other  
plants as their source of food.

sheep are usually born  
ewes are housed in early spring.  
They are born in a birth  
They are fed by a lamb.  
Housing protects the lamb  
from the cold and predators.

sheep have ear tags so they can  
be identified.

Sheep have 300-degree vision –  
they can see behind them  
thanks to their large eyes.

sheep have strong hooves,  
which stops them from getting too  
hot and keeps them cool.

**Farming food  
for you**



**Sheep**

**Herdwick**

**Swaledale**

**Suffolk**

**The sheep**

Sheep are 27 breeds of sheep which  
are native to the UK, including the  
Swaledale, Herdwick and Suffolk.

A female mature sheep is called a  
ewe and a male sheep is called a ram.

Sheep weigh around 45-100 kg,  
depending on the breed.

Sheep have four compartments  
that act as a stomach and are  
able to eat grass and other  
plants as their source of food.

sheep are usually born  
ewes are housed in early spring.  
They are born in a birth  
They are fed by a lamb.  
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thanks to their large eyes.

sheep have strong hooves,  
which stops them from getting too  
hot and keeps them cool.

**Uses**

Sheep are mostly kept to produce  
meat, which can be used in a range  
of different dishes and meals.

**Sheep's Milk Curry**

Some breeds of sheep are kept  
for their milk, which can be made into  
cheese and yoghurt.

Wool is used to make carpets,  
carpets, insulation, clothes, accessories,  
like hats, gloves and scarves.



# Farming food for you

# Pigs

In the UK, there are about 10,000 pig farms, which are mainly in the east of the country, such as East Anglia and Yorkshire.

## pig farm

### farmer

has a variety of farms, from individual units as well as smaller and shared accommodation.

is one of the most important jobs in the pig industry, as they are the 'boss' of the pigs and piglets.

and sows are kept in pens or yards and each sow and her piglets. Pigs are very social animals and need a larger paddock to keep them happy and healthy. They have to be fed by rotation around

that are housed indoors, sows are designed to move around and allow them to grow efficiently.

adult pigs eat grain, grass, vegetables, fruit, cereals and minerals. Pigs are also fed the same type of food as humans and balances, as well as a diet of grain, which can eat up to 2,000 kg and 1,500 kg of food every year.

## The pig

There are many different breeds of

Lamb White, Lancashire

and British Saddleback. Small farms often keep Gloucester Old Spot pigs.

biggest breed is the

biggest pig which has had

more than 100 piglets.

Matte pigs are called boars.

A sow will have around 15

piglets each time.

Piglets are born at night,

weigh about 1 kg and can

move very soon after birth.

In 15 weeks they will

weigh about 100 kg.

20-25 weeks they weigh 70-100 kg.

Makes their way to the sow's

teats to suckle on the

quite clumsy and on their

feet to walk and explore

for a short time for the

weather for the sow and piglets.

Adult pigs eat grain,

grass, vegetables, fruit,

cereals and minerals.

Pigs are also fed the

same type of food as

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[foodafactoflife.org.uk](http://foodafactoflife.org.uk)

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Food and Farming Development Board

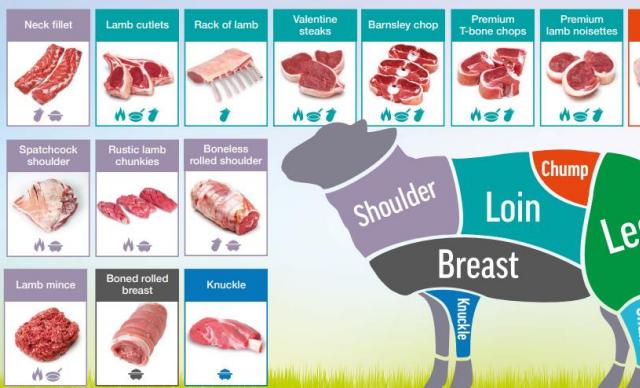
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To find out more, go to:

<https://www.foodafactoflife.org.uk/11-14-years/food-commodities-11-14-years/meat-11-14-years/meat-posters-11-14-years/>

# Other posters (reminder)

## Know your lamb cuts



**Different cuts of lamb**

- Shoulder**: The shoulder produces succulent and tender roasting joints with good flavour, available in various cuts.
- Loin**: The knuckle comes from the first seven ribs of the loin. This can also be cut into lamb chops, Valentine steaks, Barnsley chop, Premium T-bone chops, Premium lamb noisettes and Lamb cutlets.
- Knuckle and shank**: The knuckle describes a cut from the fore leg. Lamb shank is produced from the rear leg. The shank is a very lean cut with a high proportion of connective tissue, which requires lengthy cooking at low temperature.
- Leg**: The leg produces an excellent roasting joint either on the bone, or boned and rolled.
- Chump**: The chump can be diced into chops or steaks and can be used for both quick and slow cooking methods.
- Breast**: Breast is from the belly section of the carcass. This can be boned and rolled and is ideal for slow cooking.

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## The art of food presentation and styling



**Know the meal**

- Weekend Family Meal
- Dinner party with friends

**Serve with style**

- Plain white china - remember to wash the plates clean
- Dark coloured china - black cutlery can be very dramatic and elegant

**Plate up**

- Consider portion size and colour
- Present in odd numbers for visual appeal

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## Using Your Senses

There are five senses used when tasting food and drink: sight, smell, taste, hearing and touch. The senses help to develop food preferences (likes and dislikes) and evaluate foods through preference or discrimination tests.



**SIGHT**

The size, shape, colour and surface texture all play an important part in helping to determine the first reaction to a food.

**SMELL**

Smell (odour) and taste work together to produce flavour. This is the reason why people with a cold often find it difficult to determine the flavours of foods. Smell can trigger memory and either encourage or discourage someone from eating a food.

**TASTE**

We can detect five basic tastes:

- Bitter
- Sweet
- Salt
- Umami
- Sour

**HEARING**

The sound of food being prepared, cooked, served and eaten all help to influence food choices. The sounds also influence our understanding of whether food is fresh or ripe, e.g. a crisp, crunchy apple.

**TOUCH**

Food texture is the way food is felt by the fingers, tongue, teeth and palate. When food is placed in the mouth, the surface of the tongue and other sensitive skin reacts to its surface texture. This sensation is known as mouthfeel.

**Taste receptors**

Our tongues are covered with taste buds, which are designed to sense chemicals in the mouth. Most taste buds are located in the top outer edges of the tongue, but there are also receptors at the back of the tongue. When we eat, the chemicals in the food molecules mix with saliva, enter taste pores and interact with gustatory hairs, also known as taste receptors. This triggers nerve impulses that are transmitted to the brain.

**Olfactory system**

This is the sensory system used for olfaction, or the sense of smell. As we breathe in, the olfactory hairs in the nose detect the smell molecules and enter taste pores and interact with gustatory hairs, also known as taste receptors. The olfactory membrane sends neural messages up the olfactory nerve to the brain.

**Intensity**

Foods may be described by association, e.g. meaty, minty or citrusy. The intensity (low, medium or high) can also be recorded, e.g. garlicky or salty.

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To find out more, go to:

<https://www.foodafactoflife.org.uk/11-14-years/food-commodities-11-14-years/meat-11-14-years/meat-posters-11-14-years/>

# The Challenge activities

Each 'Challenge' comprises:

- slides to introduce the Challenge, including images, questions and tasks to stimulate pupil discussion and planning
- a teachers' guide with a variety of pupil activities that can be completed individually or in groups
- pupil certificates

Challenges culminate in a final outcome, which could be:

- paper based, such as a poster or display
- a video or interactive activity
- a recipe, menu or dish/range of dishes

For ages 11-14 years: <https://www.foodafactoflife.org.uk/11-14-years/activity-packs-and-quizzes-11-14-years/challenge-activities-11-14-years/>  
 For ages 14-16 years: <https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/challenge-activities-14-16-years/>



11 - 14 YR

Eat your way around the UK Challenge

A Where food comes from Challenge presentation with teachers' guide.

 PPT  Download



14 - 16 YR

Food fiesta Challenge

A Cooking Challenge presentation with teachers' guide.

 PPT  Download

# The Challenge activities



**11 - 14 YR**

**+**

**Be social! Challenge**

A Healthy eating Challenge presentation with teachers' guide.

**Create a social media campaign to encourage teenagers of your age to make better healthy eating choices.**

**Let's**

**Healthy e**

**Health s**

**Vitami**

**Planning**



Social tools, s

- Soc
- Twi
- Med
- Pint
- Inte
- Con

Which good c

challenge

**your know**

We should all be eating different foods from each other to get the wide range of nutrients our bodies need to stay healthy.

Following the Eatwell Guide can help you eat well for the environment and for your own health.

**12%**

Intake of key f

Getting 5-A-Da

Overall the diet

The National Diet in soft drinks is by young people.

NDNS: results from years 9 to 11, Wimpenny et al., 2018

**Vitamin C**

**Riboflavin**

**Planning**

What are the key messages that you will build into your social media campaign? Put together your ideas to make a plan!









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For ages 11-14 years: <https://www.foodafactoflife.org.uk/11-14-years/activity-packs-and-quizzes-11-14-years/challenge-activities-11-14-years/>

For ages 14-16 years: <https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/challenge-activities-14-16-years/>

# Quizzes

Great for revision and assessment!



Multiple choice individual quizzes



Interactive class quizzes



Quiz worksheets

Covering topics such as... The Eatwell Guide, 5 A DAY, Energy, Nutrients, Food labelling, Digestion

Go to: <https://www.foodafactoflife.org.uk/11-14-years/activity-packs-and-quizzes-11-14-years/quizzes-11-14-years/>

# Ingredients into schools

## Supporting practical cookery lessons with free ingredients and resources

- Proof of concept pilot project with AHDB
- Free ingredients and teaching resources provided to a maximum of 60 schools (or 6,000 pupils)
- Pork, dairy and flour, and beef provided by AHDB (through school's contract caterer\*)
- Remaining ingredients, including alternatives to support dietary needs, provided by Lidl (through a voucher to be used by the teacher in store)



### Three focus fortnights:

Dates	Focus
29 January to 9 February 2024 (inclusive)	British pork
4 March to 15 March 2024 (inclusive)	British dairy & flour
22 April to 3 May 2024 (inclusive)	British beef

For more information, contact  
Frances: [f.meek@nutrition.org.uk](mailto:f.meek@nutrition.org.uk)

\*For those with school meals provided by Taylor Shaw, Edwards & Blake, Elior, or Hutchison

# Healthy Eating Week - Give it a go!

10-14 June 2024

## Themes:

- Get at least 5 A DAY
- Stay hydrated
- Move more
- Focus on fibre
- Reduce food waste



**Free resources and updates to help you plan and run the Week!**  
[www.healthyeatingweek.org.uk](http://www.healthyeatingweek.org.uk) (registration opening soon!)

In 2023...

7,645 registrants,  
representing...

Over 2 million  
participants

66,242 resources  
downloaded

# 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
- Free training – webinars, virtual practical workshops, online courses and supporting resources
- Over 500 registrations to date!



Tell your primary school colleagues and contacts about TPFN!

*“Absolutely loving having such training, as this is so useful for effective teaching and learning and for assessing pupils.”*

To find out more, take a look at these slides: <https://www.foodafactoflife.org.uk/media/tbtjajib/1-tpfn-programme-welcome-sept-23.pptx>

# Training

## Webinars and workshops:



### Bringing where food comes from to life

Join Iona and Josh to hear first-hand how the topic of where food comes from is brought to life i...

Cost	FREE
When	28/02/2024
Time	16:30 Start
Where	Online Webinar



### Cooking on a budget: Healthy, affordable meals

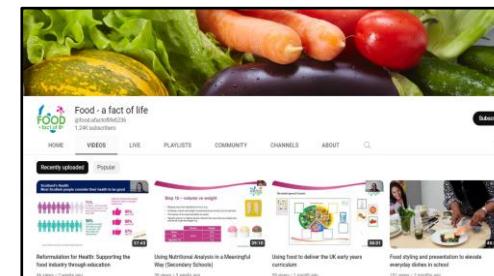
Join Jenny and Frances as they highlight tips to help make budgets go further when planning what...

Cost	FREE
When	16/03/2024
Time	09:00 Start
Where	Online Webinar

## Online courses:

- Functional properties of food
- Sensory science
- Food spoilage, hygiene and safety
- Characteristics of teaching food and nutrition education - secondary and pupils with additional needs

## FFL webinar recordings



To find out more and to book, go to  
<https://www.foodafactoflife.org.uk/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](http://www.foodafactoflife.org.uk)

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

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

A screenshot of the February 2023 issue of the Education News newsletter. The header features the 'Food - a fact of life' logo and the title 'Education News'. Below the header is a large image of various breads and pastries. A text box on the left side of the image contains the headline 'New look, same great content!' and a brief description: '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.' The date 'February 2023' is displayed below the image. The newsletter is divided into several sections: 'It's Fibre February!' (with an image of a meal containing whole grains and vegetables), 'Remote learning resources' (with an image of a person working at a computer), and other smaller sections. The footer of the newsletter includes the website 'www.foodafactoflife.org.uk' and the copyright notice '© Food – a fact of life 2024'.



# For more information

Visit: [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

Contact: [education@nutrition.org.uk](mailto:education@nutrition.org.uk)