

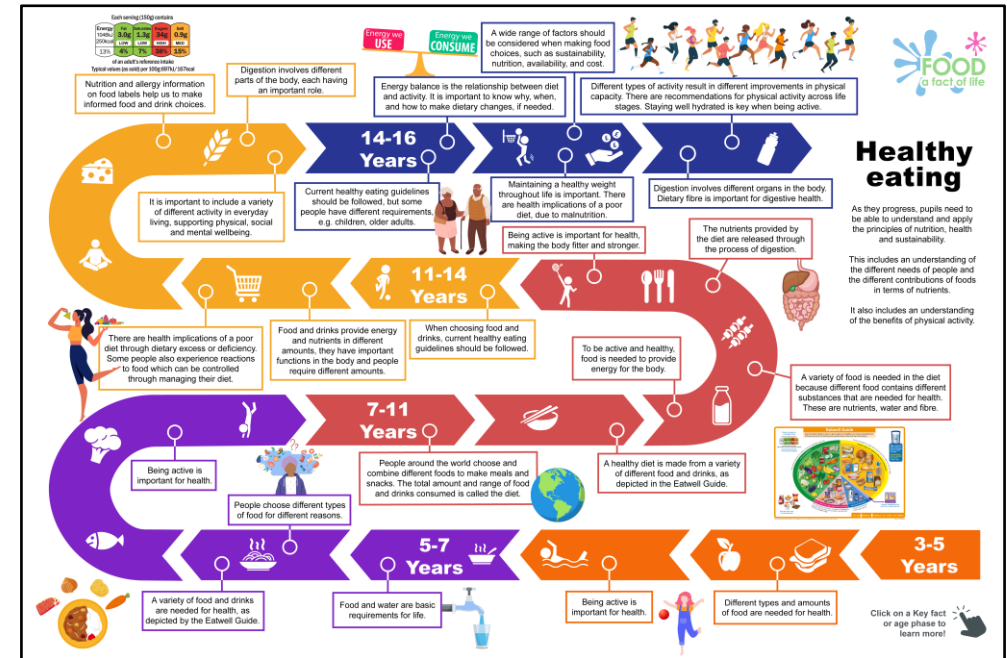


Food – a fact of life resources and support

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!

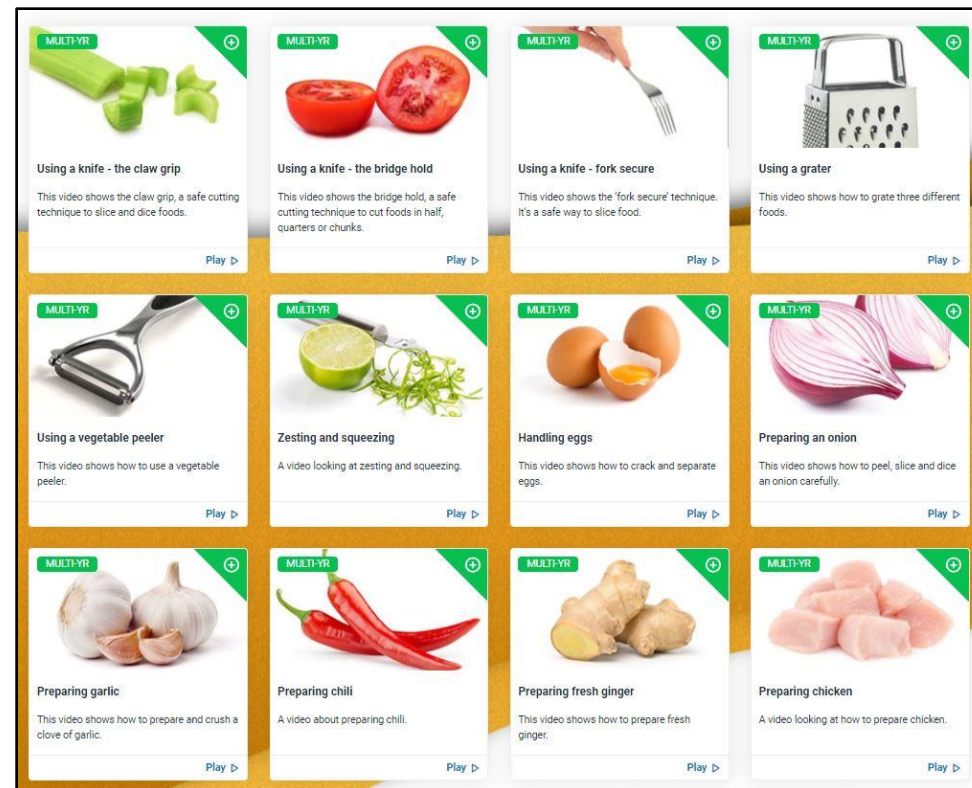
To find out more, go to: <https://www.foodafactoflife.org.uk/whole-school/food-a-fact-of-life-roadmaps/>

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



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](#)

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 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 Paprika
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.

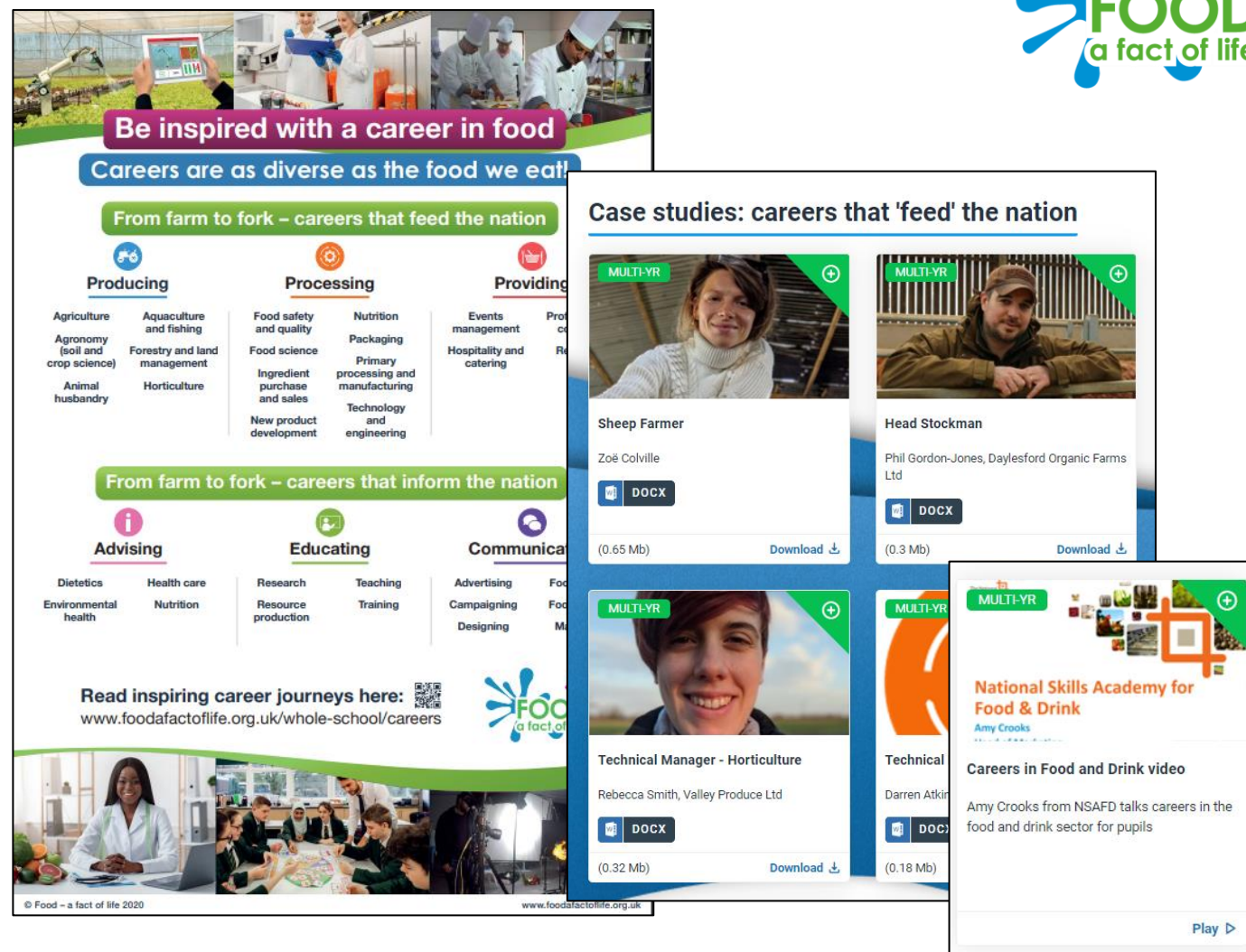
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To find out more, go to:

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



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
Agriculture	Food safety and quality	Events management
Aquaculture and fishing	Nutrition	Hospitality and catering
Forestry and land management	Food science	
Horticulture	Ingredient purchase and sales	
Animal husbandry	Primary processing and manufacturing	
	Technology and engineering	
	New product development	

From farm to fork – careers that inform the nation

Advising	Educating	Communicating
Dietetics	Research	Advertising
Health care	Resource production	Campaigning
Environmental health	Teaching	Designing
Nutrition	Training	

Read inspiring career journeys here: www.foodafactoflife.org.uk/whole-school/careers

Case studies: careers that 'feed' the nation

Sheep Farmer
Zoë Colville
DOCX (0.65 Mb) Download

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

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

National Skills Academy for Food & Drink
Amy Crooks
Careers in Food and Drink video
Amy Crooks from NSAFD talks careers in the food and drink sector for pupils
Play

To find out more, go to:

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

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!

Recipe	Complexity	Time
 Chimichurri fish traybake	Medium	45 mins
 Quibe and spicy tomato sauce	High	45 mins
 Perico	Low-Medium	30 mins
 Cajun inspired vegetable	Complexity	Time
 Cheese and corn empanadas	Medium-High	60 mins
 Chunky bean mole with homemade salsa	Medium	30 mins
 Vegan meat free chilli	Medium-High	45 mins
 Quick bean enchilada	Complexity	Time

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)



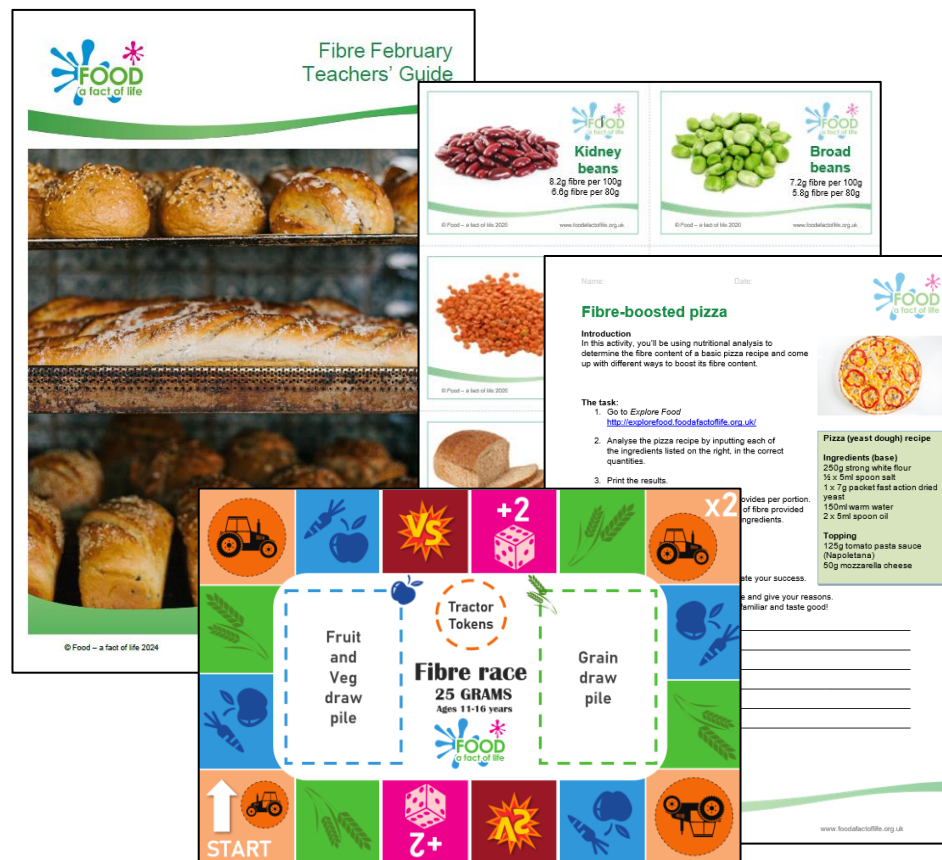
Visit the dedicated website area: <https://www.foodafactoflife.org.uk/pupils-with-additional-needs>

Cereals resources

Topics/resources:

- What are cereals?
- Baking bread
- Grain science
- Wheat, barley and oat farming and processing
- Knowledge organisers
- [Fibre February](https://www.foodafactoflife.org.uk/11-14-years/food-commodities-11-14-years/cereals-11-14-years/), [Bread](https://www.foodafactoflife.org.uk/14-16-years/food-commodities-14-16-years/cereals-14-16-years/) and [Harvest festival](https://www.foodafactoflife.org.uk/11-14-years/food-commodities-11-14-years/cereals-11-14-years/) 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

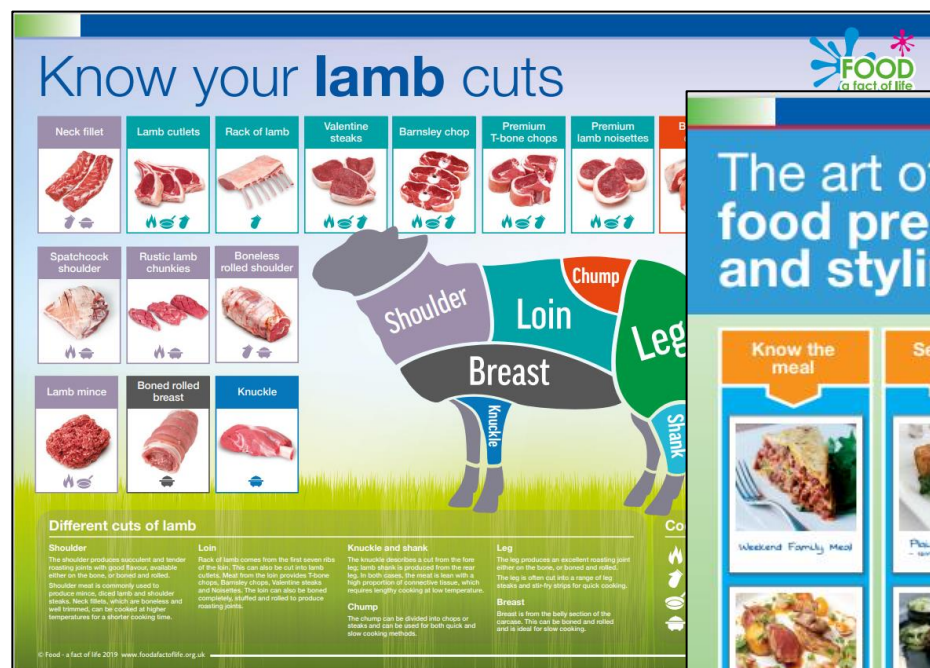
- Beef cattle
- Dairy
- Sheep
- Cereals
- Pigs



To find out more, go to:

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

Other posters (reminder)



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/>

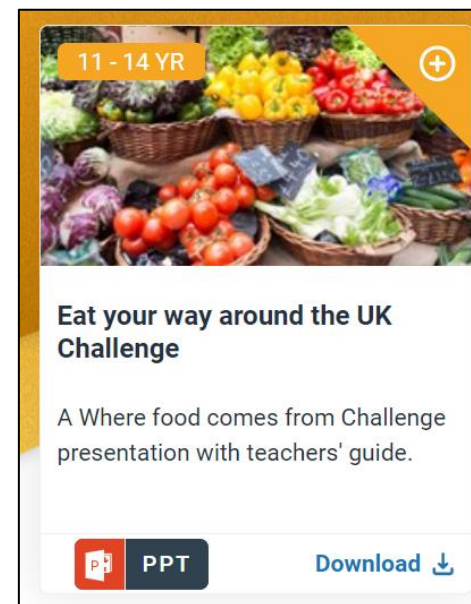
The Challenge activities

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

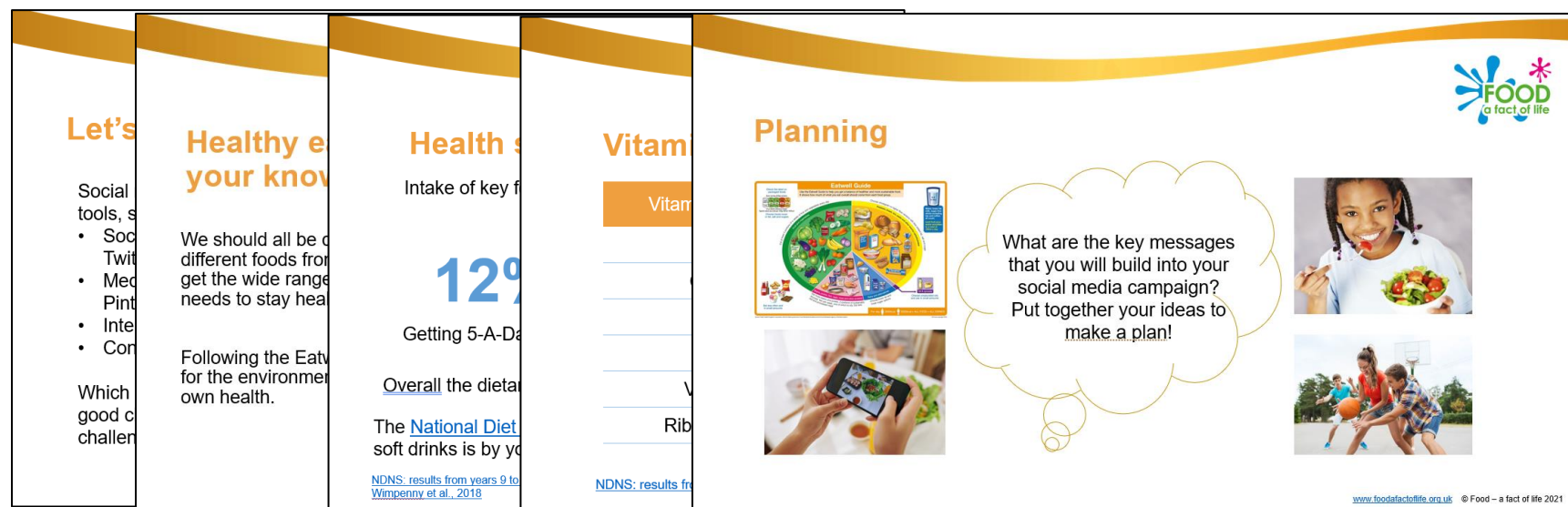


For ages 11-14 years: <https://www.foodafactoflife.org.uk/11-14-years/activity-packs-and-quizzes-11-14-years/challenge-activities-11-14-years/>
For ages 14-16 years: <https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/challenge-activities-14-16-years/>

The Challenge activities



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



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

*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



In 2023...

7,645 registrants, representing...

Over 2 million participants

66,242 resources downloaded

Free resources and updates to help you plan and run the Week!
www.healthyeatingweek.org.uk (registration opening soon!)

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/tbtajib/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

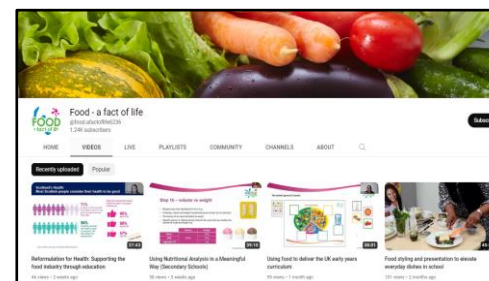
Join Jenny and Frances as they highlight tips to help make budgets go further when planning what...

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/>

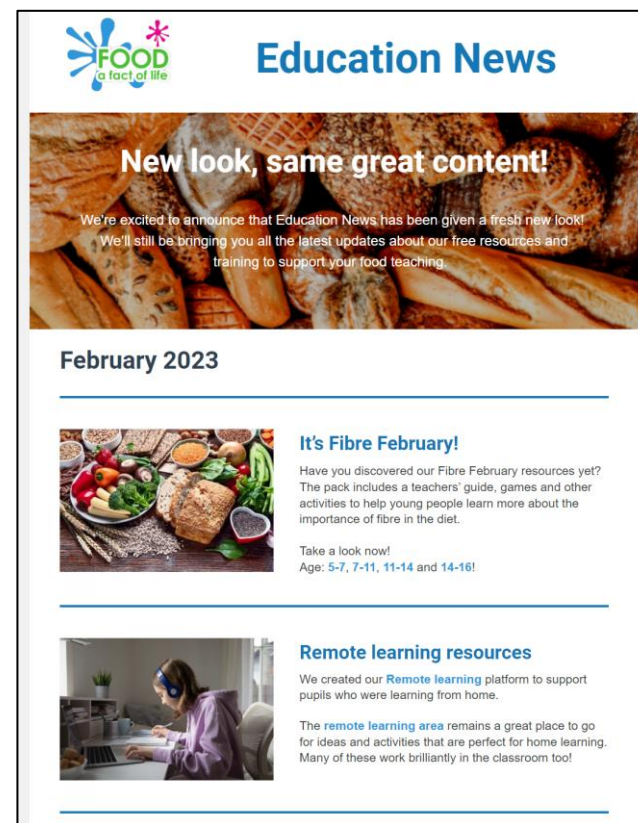
Keep up to date with our free resources and training

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

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

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

Keep in touch: education@nutrition.org.uk





For more information

Visit: www.foodafactoflife.org.uk

Contact: education@nutrition.org.uk