



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

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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  
Barley

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

**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
- Live panel-style webinar –  
Thursday 9 March 2023  
(Details available soon.)

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)

MULTI-YR

MULTI-YR

Sheep Farmer

Zoë Colville

DOCX

(0.65 Mb)

Download

Head Stockman

Phil Gordon-Jones, Daylesford Organic Farms Ltd

DOCX

(0.3 Mb)

Download

MULTI-YR

MULTI-YR

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 ▶

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  
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  
Time: 30 mins

[View Recipe →](#)

**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 world's highest and lowest points (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 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 also a staple in the Andes. Quinoa is 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.

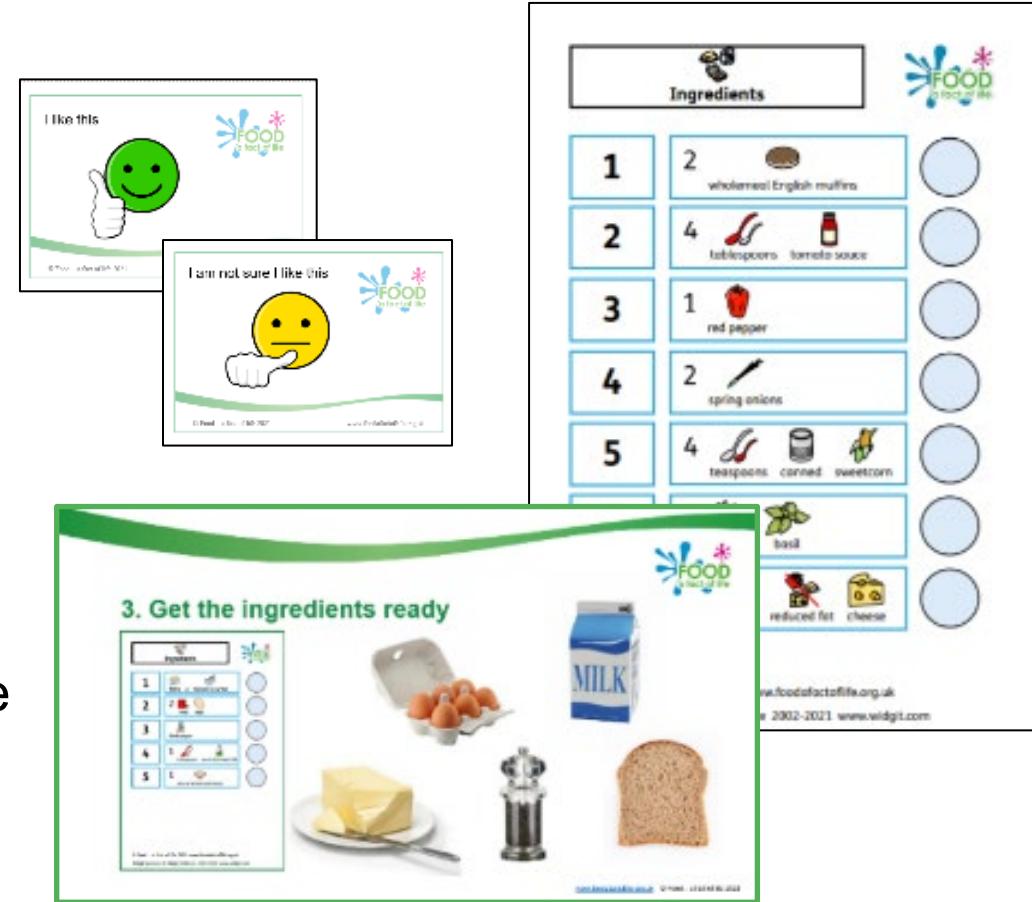
Soybeans were introduced in the 1950s in the Argentine Pampas and in the 1960s in southern Brazil. By the turn of the 21st century, Paraguay had also become one of Latin America's top exporters of soybeans.

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® 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.



**1. Choice board:** A worksheet with two sections. The top section asks 'I like this' and shows a green smiley face with a thumbs up. The bottom section asks 'I am not sure I like this' and shows a yellow neutral face with a thumbs up. Both sections include the 'FOOD a fact of life' logo.

**2. Recipe card:** A card titled 'Ingredients' with a list of items. The list includes:
 

1	2	wholemeal English muffins
2	4	tablespoons tomato sauce
3	1	red pepper
4	2	spring onions
5	4	tablespoons canned sweetcorn

 To the right of the list are five empty circles for marking preferences. The card also includes the 'FOOD a fact of life' logo and a copyright notice: 'www.foodafactoflife.org.uk © 2002-2021 www.widgit.com'.

**3. Preparation card:** A card titled '3. Get the ingredients ready' with a list of ingredients and their quantities. The list includes:
 

1	eggs
2	red pepper
3	spring onions
4	tablespoons tomato sauce
5	tablespoons canned sweetcorn

 To the right of the list are five empty circles for marking preferences. The card also includes the 'FOOD a fact of life' logo and a copyright notice: 'www.foodafactoflife.org.uk © 2002-2021 www.widgit.com'.

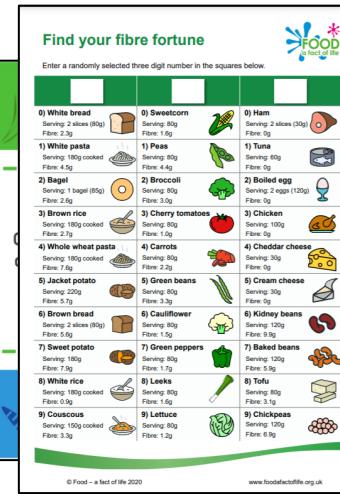
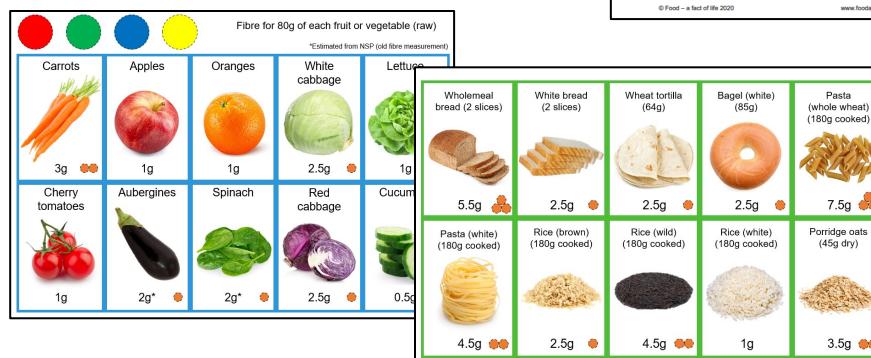
Visit the dedicated website area:

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

# Fibre February activity pack

## Resources:

- teachers' guide;
- poster;
- games;
- recipe modification activities;
- fibre cards.



**Fabulous fibre swaps**

A few simple changes to a recipe can dramatically boost the fibre it provides.

You can alter the fibre content of foods by changing the carbohydrate base of the meal (e.g. substituting white for wholemeal flour, or swapping white pasta for whole wheat).

Take a look at the four meals on this page and see how much fibre you can add with very basic swaps!

**Case study 1: Chloe**

Name:  Date:

Below is Chloe's diet diary. She was asked to record everything she ate and drank over a day.

1. Go to [Explore Food](http://explorefood.foodafactoflife.org.uk/)
2. Select 'Calculate a diet' and enter in the details of this person's diet diary.
3. Print the results. Attach the print-out to this worksheet.

**Food diary for Chloe**

Time of day	Food/drink consumed	Total amounts (g)
8.00	2 boiled eggs	100
	3 thick slices ham	90
	Small glass orange juice	150
	Medium latte	190
10.00	Red grapes	80
	Glass of water	
11.30	2 ginger nut biscuits	20
	Tea made with whole milk	100
13.00	Cream of tomato soup	400
	Salad containing olives and tomatoes	80 lettuce, 60 tomato, 50 olives, 20 butter

**Wholemeal bread**

7.0g fibre per 100g  
5.6g fibre per 80g

**Broad beans**

7.2g fibre per 100g  
5.8g fibre per 80g

**Kidney beans**

8.2g fibre per 100g  
6.6g fibre per 80g

**MULTI-YR**

**Recipe modification (Fibre-boosted pizza)**

A worksheet that looks at recipe modification.

**DOCX**

(0.2 Mb) [Download](#)

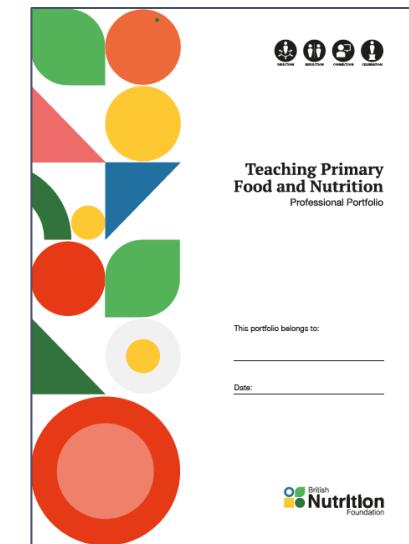
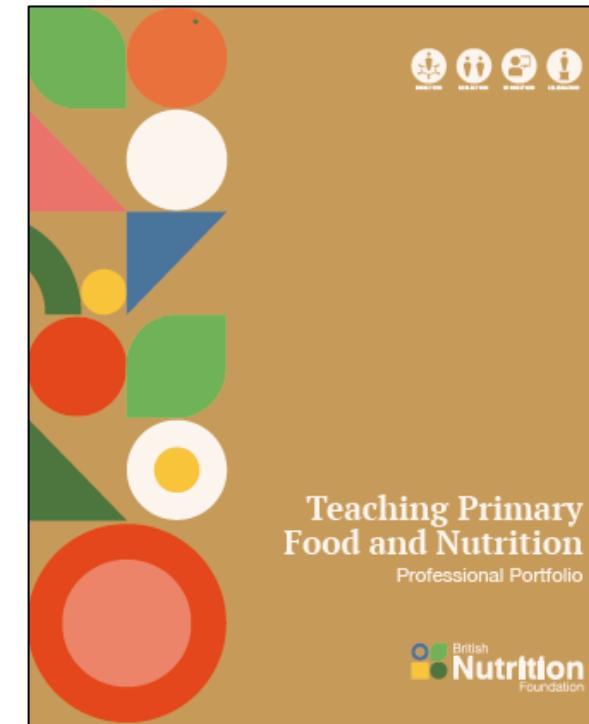
To find out more, go to:

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



# 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!



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) (Opens early February 2023.)

# Training events

## Coming up...

- Reformulation for Health - supporting the food industry through education (1.2.23)
- Fantastic fish – nutrition, preparation, and cooking (22.2.23)
- Nutrition and gut health - myths and false promises? (22.3.23)



Reformulation for Health - supporting the food industry through education

Join our webinar to find out more about food and drink reformulation, why it is important and the...

Cost	FREE
When	01/02/2023
Time	16:30 Start
Where	Online Webinar

[More Information →](#)



Nutrition and gut health - myths and false promises?

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

Cost	FREE
When	22/03/2023
Time	16:30 Start
Where	Online Webinar

[More Information →](#)

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](http://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)

A screenshot of an email newsletter titled 'Education news'. The header features the 'Food - a fact of life' logo. The main content includes a section titled 'Last chance to register!' with a photo of children in a classroom, a section titled 'New! Six Early Years activity packs' with a photo of children at a table, and a section titled 'Building cultural awareness when delivering healthy eating messages - webinar' with a photo of a world map. At the bottom, there is a section titled 'Healthy Eating Week 2022 - registration is open!' with a photo of fresh vegetables.

A screenshot of a Twitter profile for 'Food - a fact of life' (@Foodafactoflife). The profile picture shows a variety of healthy foods. 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.' The profile has 7,158 tweets, 1,568 following, and 10.2K followers. A tweet from December 2021 discusses healthy eating at home or school. Another tweet from January 2023 promotes a cooking on a budget tip for pizzas, burgers, fajitas, and curries.

# British Nutrition Foundation Drummond Awards

Congratulations to our 2022 winners from England!

## GCSE Food Preparation and Nutrition

Awarding organisations	School	Pupil	Teacher
AQA	Wallington High School for Girls	Millicent Figueira	Steph Beales
AQA	The Nobel School	Daisy Fennelow	Kayleigh Hills
Eduqas	Invicta Grammar School	Hannah Shibli	Kate Finlay
Eduqas	Gillingham School	Aimee Coling	Jackie Merry
OCR	King Edward VI Grammar School	Raghav Relhan	Jim Perry



## Level 3 Food Science and Nutrition

Awarding organisations	School	Pupil	Teacher
WJEC	Loughborough High School	Ashni Modi	Rory Lewis