



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


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
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.

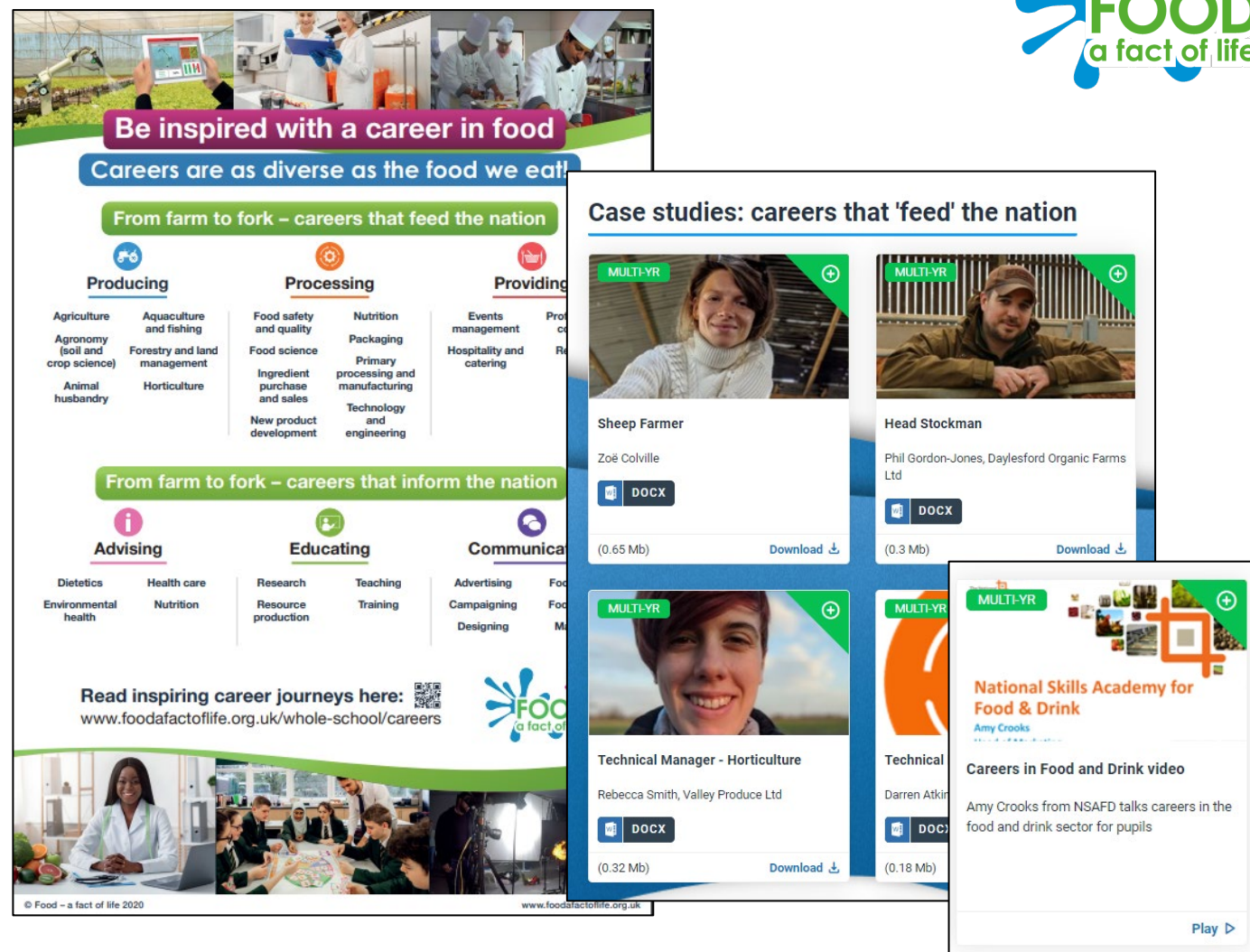
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To find out more, go to:

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



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
<ul style="list-style-type: none"> Agriculture Aquaculture and fishing Agromony (soil and crop science) Animal husbandry Forestry and land management Horticulture 	<ul style="list-style-type: none"> Food safety and quality Food science Ingredient purchase and sales New product development Nutrition Packaging Primary processing and manufacturing Technology and engineering 	<ul style="list-style-type: none"> Events management Hospitality and catering

From farm to fork – careers that inform the nation

Advising	Educating	Communicating
<ul style="list-style-type: none"> Dietetics Health care Environmental health Nutrition 	<ul style="list-style-type: none"> Research Teaching Resource production Training 	<ul style="list-style-type: none"> Advertising Food Campaigning Designing

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, 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 →](#)

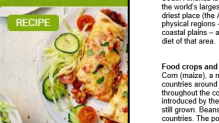


Vegan meat free chilli

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.



The resources shown are examples of the program's materials, designed to be accessible and editable. The 'Ingredients' list includes items like wholemeal English muffins, tablespoons, tomato sauce, red pepper, spring onions, teaspoons, canned sweetcorn, basil, reduced fat, and cheese. The '3. Get the ingredients ready' card features images of eggs, milk, butter, a pepper mill, and a slice of bread.

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.



Tractor Tokens
The Race to 30 GRAMS

Find your fibre fortune

Enter a randomly selected three digit number in the squares below.

1) White bread Serving: 2 slices (80g) Fibre: 2.5g	2) Sweetcorn Serving: 80g Fibre: 1.5g	3) Ham Serving: 2 slices (20g) Fibre: 0g
4) White pasta Serving: 100g cooked Fibre: 4.5g	5) Peas Serving: 80g Fibre: 4.5g	6) Tuna Serving: 80g Fibre: 1g
7) Bagel Serving: 1 bagel (85g) Fibre: 2.5g	8) Broccoli Serving: 80g Fibre: 3.5g	9) Boiled egg Serving: 2 eggs (120g) Fibre: 1g
10) Brown rice Serving: 100g cooked Fibre: 2.5g	11) Cherry tomatoes Serving: 80g Fibre: 1.5g	12) Chicken Serving: 100g Fibre: 0g
13) Whole wheat pasta Serving: 100g cooked Fibre: 7.5g	14) Carrots Serving: 80g Fibre: 2.5g	15) Cheddar cheese Serving: 30g Fibre: 0g
16) Jacket potato Serving: 200g Fibre: 5.5g	17) Green beans Serving: 80g Fibre: 3.5g	18) Cream cheese Serving: 30g Fibre: 0g
19) Brown bread Serving: 2 slices (80g) Fibre: 5.5g	20) Cauliflower Serving: 100g Fibre: 5.5g	21) Kidney beans Serving: 80g Fibre: 5.5g
22) Sweet potato Serving: 100g Fibre: 1.5g	23) Green peppers Serving: 80g Fibre: 1.5g	24) Baked beans Serving: 100g Fibre: 5.5g
25) White rice Serving: 100g cooked Fibre: 0.5g	26) Leeks Serving: 80g Fibre: 1.5g	27) Tofu Serving: 80g Fibre: 1.5g
28) Couscous Serving: 100g cooked Fibre: 3.5g	29) Lettuce Serving: 80g Fibre: 1.5g	30) Chickpeas Serving: 100g Fibre: 5.5g

Fibre for 80g of each fruit or vegetable (raw)

*Estimated from NPS (44g fibre measurement)

Carrots 3g	Apples 1g	Oranges 1g	White cabbage 2.5g	Lettuce 1g
Cherry tomatoes 1g	Aubergines 2g*	Spinach 2g*	Red cabbage 2.5g	Cucum 0.5g

Wholemeal bread (2 slices) 5.5g	White bread (2 slices) 2.5g	Wheat tortilla (85g) 2.5g	Bagel (white) (85g) 2.5g	Pasta (whole wheat) (180g cooked) 7.5g
Pasta (white) (180g cooked) 4.5g	Rice (brown) (180g cooked) 2.5g	Rice (wild) (180g cooked) 4.5g	Rice (white) (180g cooked) 1g	Porridge oats (45g dry) 3.5g

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!

- Cheese sandwich**: Swap white bread for wholemeal (+3.6g)
- Pasta with tomato sauce**: Swap white pasta for whole wheat and add carrots and green beans (+13.1g)
- Chicken curry**: Swap white rice for brown rice (+3.6g)
- Hot white beans**: Swap white beans for kidney beans (+5.5g)



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

Case study 1: Chloe

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://www.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.

Name: Chloe
Age: 25
Further information: Chloe is moderately active at work, but does not exercise regularly. She is not pregnant or breastfeeding.

Time of day	Food/drink consumed	Total amounts (g)
8.00	2 boiled eggs 3 thick slices ham Smooth orange juice Medium latte	100 90 150 190
10.00	Red grapes Glass of water	80
11.30	2 ginger nut biscuits Tea made with whole milk	20 190 tea, 10 milk
13.00	Cream of tomato soup Salad containing olives and tomatoes	400 80 lettuce, 80 tomato, 50 olives



Recipe modification (Fibre-boosted pizza)

A worksheet that looks at recipe modification.

[DOCX](#) (0.2 Mb) [Download](#)

To find out more, go to:

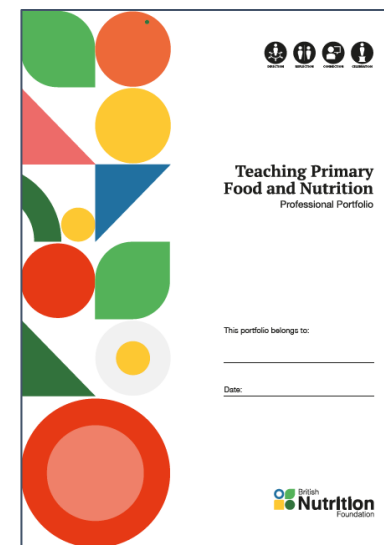
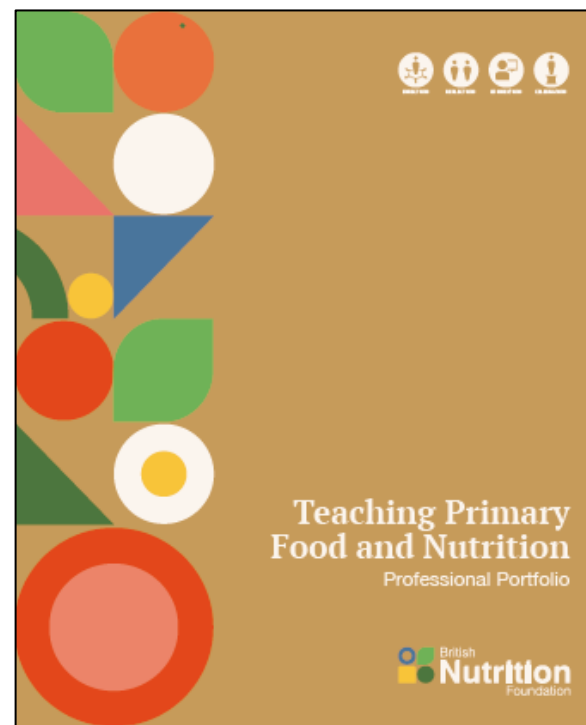
<https://www.foodafactoflife.org.uk/11-14-years/activity-packs-and-quizzes-11-14-years/activity-packs-11-14-years/fibre-activity-pack/>

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!

Portfolios will be posted at the end of January, March and June 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 (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/>



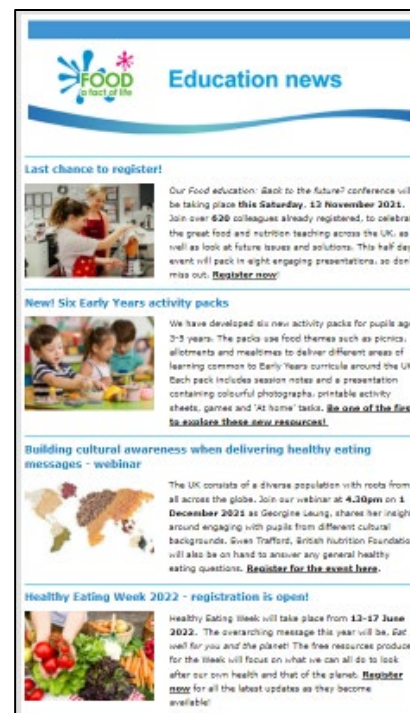
Keep up to date with our free resources and training

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

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<https://twitter.com/foodafactoflife>

Keep in touch:
education@nutrition.org.uk



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