



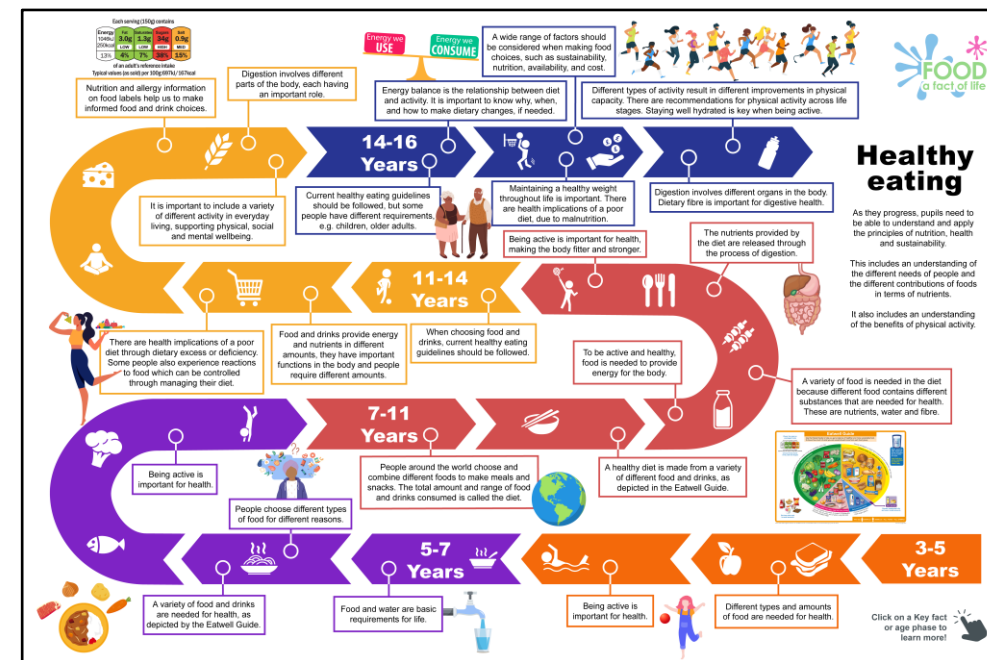
Food – a fact of life resources and support

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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!



[Take a look at the Roadmap blog!](#)

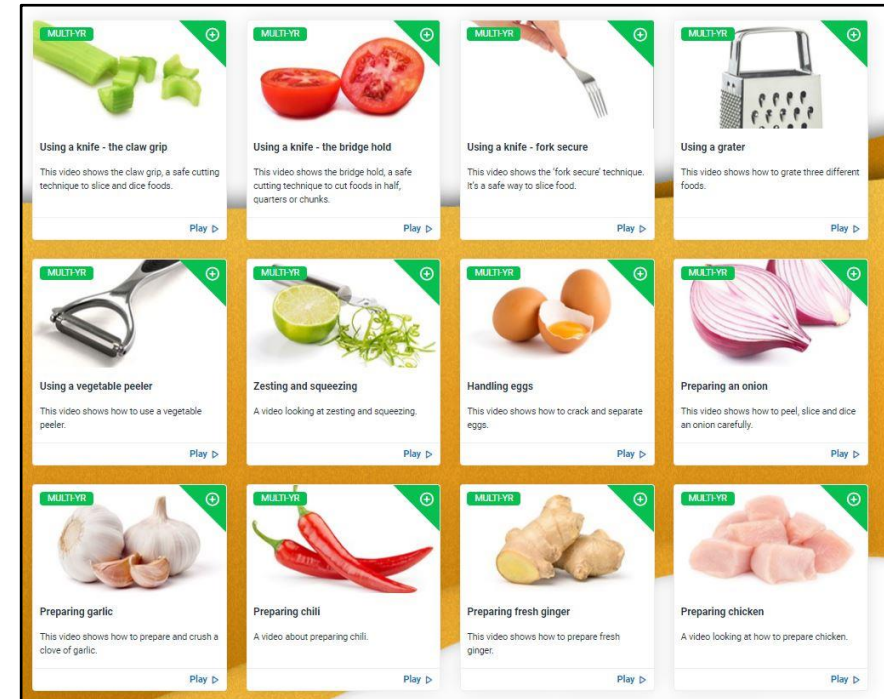
<https://www.foodafactoflife.org.uk/whole-school/food-a-fact-of-life-roadmaps/>

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 food skills
- end with a bulleted summary of what has been shown
- are carried out by pupils, to provide 'relatability' for young people



Plus, teacher versions to show how to teach the skills and provide tips!

<https://www.foodafactoflife.org.uk/11-14-years/cooking-11-14-years/new-cooking-videos-11-14-years/>

Science in the context of food

A range of teaching materials designed to enhance science education by connecting core scientific principles with everyday experiences through the context of food.

The 'packs' are presentations which provide information and stimulus for pupils about a particular principle, and then more detailed support and resources for *food and nutrition* teachers and *science* teachers.



Resources for secondary food teachers



Resources for secondary science teachers

<https://www.foodafactoflife.org.uk/whole-school/science-through-the-context-of-food/>

Quizzes

Ideal for using recall to boost your pupils' performance - 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

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

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

Fibre February activity pack

Resources:

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



Find your fibre fortune

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

0) White bread Serving: 2 slices (80g) Fibre: 3.5g	0) Sweetcorn Serving: 80g Fibre: 1.5g	0) Ham Serving: 2 slices (10g) Fibre: 0g
1) White pasta Serving: 180g cooked Fibre: 4.5g	1) Peas Serving: 80g Fibre: 4.5g	1) Tuna Serving: 80g Fibre: 0g
2) Bagel Serving: 1 bagel (80g) Fibre: 2.5g	2) Broccoli Serving: 80g Fibre: 3.5g	2) Boiled egg Serving: 2 eggs (120g) Fibre: 0g
3) Brown rice Serving: 180g cooked Fibre: 2.7g	3) Cherry tomatoes Serving: 80g Fibre: 1.5g	3) Chicken Serving: 100g Fibre: 0g
4) Whole wheat pasta Serving: 180g cooked Fibre: 7.5g	4) Carrots Serving: 80g Fibre: 3.5g	4) Cheddar cheese Serving: 30g Fibre: 0g
5) Jacket potato Serving: 200g Fibre: 5.5g	5) Green beans Serving: 80g Fibre: 3.5g	5) Cream cheese Serving: 30g Fibre: 0g
6) Brown bread Serving: 2 slices (80g) Fibre: 5.5g	6) Cauliflower Serving: 180g Fibre: 5.5g	6) Kidney beans Serving: 120g Fibre: 5.5g
7) Sweet potato Serving: 180g Fibre: 5.5g	7) Green peppers Serving: 80g Fibre: 1.5g	7) Baked beans Serving: 120g Fibre: 5.5g
8) White rice Serving: 180g cooked Fibre: 0.5g	8) Leeks Serving: 80g Fibre: 1.5g	8) Tofu Serving: 80g Fibre: 1.5g
9) Couscous Serving: 180g cooked Fibre: 3.5g	9) Lettuce Serving: 80g Fibre: 1.5g	9) Chickpeas Serving: 120g Fibre: 5.5g

Fruit and Veg draw pile

The Race to 30 GRAMS

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

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

Wholemeal bread (2 slices) 5.5g	White bread (2 slices) 2.5g	Wheat tortilla (60g) 2.5g	Bagel (white) (60g) 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 whole 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!

Wholemeal bread
7.0g fibre per 100g
5.6g 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://explore.foodafactoflife.org.uk/)
<http://explore.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

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

Digital Dairy Chain project



Careers in the Dairy Sector

It's not just milking cows – there are many careers available in the dairy sector spanning technology, food production, farming and more.

Focussed on South and West Scotland
Experiences of working in dairy - Digital Dairy Chain - looking to engage with young people and promoting the diverse range of careers available in the dairy sector.

<https://www.digitaldairychain.co.uk/experiences-of-working-in-dairy/>

Training diary dates



- **January**
 - An introduction to healthy eating and nutrition for primary teachers, Wed 15 January, 4pm
- **February**
 - An in-depth look at healthy eating and nutrition for secondary teachers, Wed 12 February, 4.30pm
- **March**
 - Adverse reactions to food and managing allergens in the classroom, Wed 12 March, 4.30pm

Healthy Eating Week 2025

- Date change from June to September 2025
- Considering running for a whole month?
- Theme of healthy, sustainable snacking
- Audience - pupils aged 5-16 years, with a focus on ages 11-13 years
- Seeking sponsorship and support from retailers and caterers
- Measuring impact – post event survey with 5,000 pupils aged 11-13 years to indicate that the snack materials and have had a positive influence on their snack choices



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