



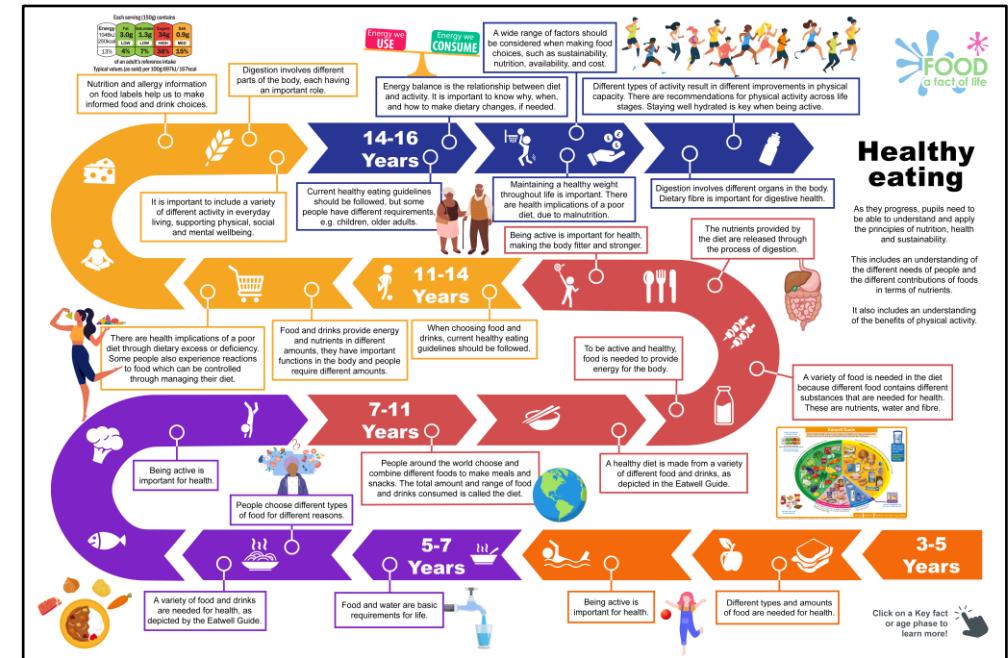
Food – a fact of life resources and support

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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!



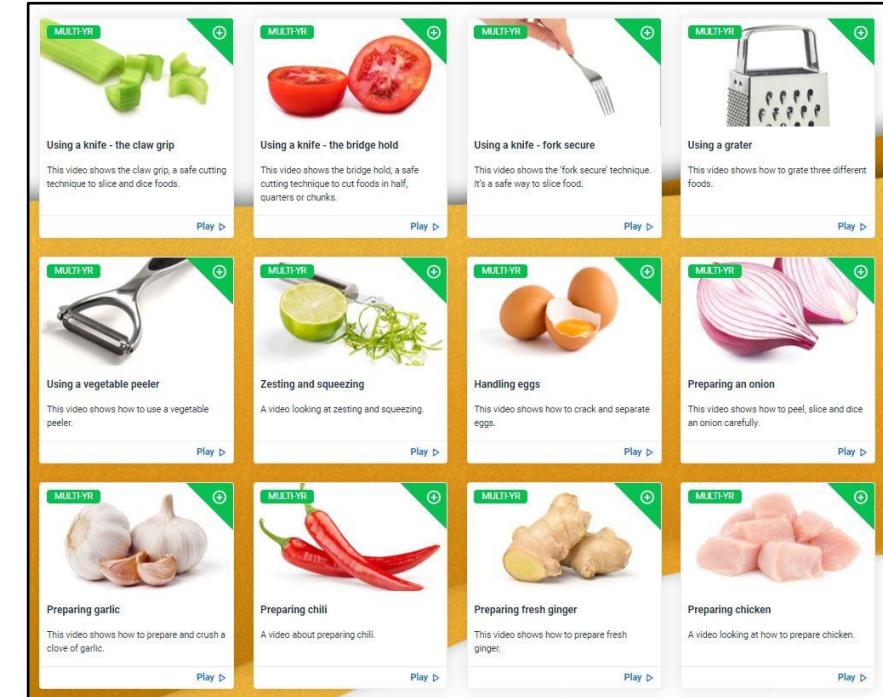
[Take a look at the Roadmap blog!](#)

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

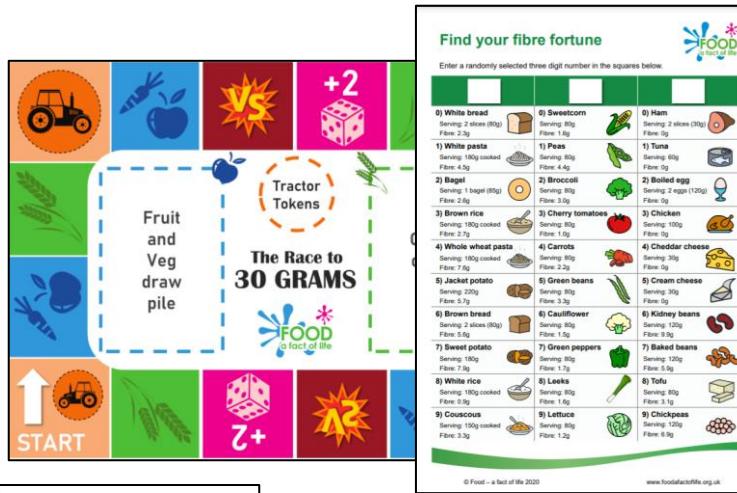
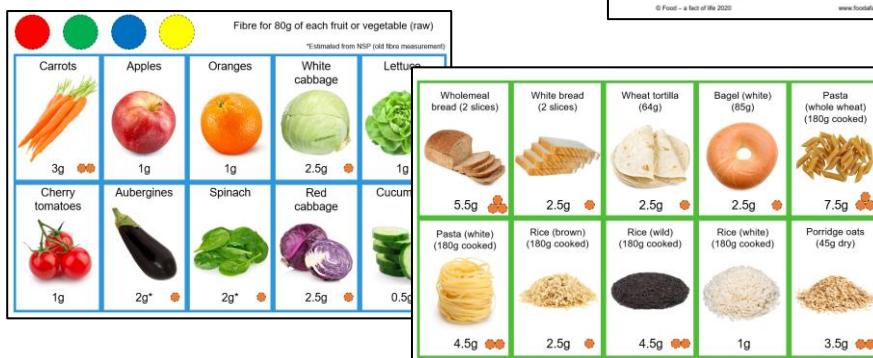
11-14 years: <https://www.foodafactoflife.org.uk/11-14-years/activity-packs-and-quizzes-11-14-years/quizzes-11-14-years/>

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



FOOD a fact of life

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

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

1. Go to <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.

Wholemeal bread
7.0g fibre per 100g
5.6g fibre per 80g

Broad

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

Name: _____ Date: _____

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	20 400
13.00	Cream of tomato soup Salad containing olives and tomatoes 80 lettuce, 60 tomato, 50 olives, 20 butter	100 80 50 20



Digital Dairy Chain project

A screenshot of the Digital Dairy Chain website. The header includes the logo 'DIGITAL DAIRY CHAIN' and navigation links: HOMEPAGE, ABOUT US, OUR PROJECTS, MEET THE TEAM, NEWS & JOBS, and CONTACT US. The main content features a large image of a black and white cow with a yellow ear tag numbered '579'. To the left of the image, the text 'CAREERS IN THE DAIRY SECTOR' is displayed in white, with 'CAREERS IN THE' in a smaller font and 'DAIRY SECTOR' in a larger, bold font. Below this, a subtext reads: 'It's not just milking cows – there are many careers available in the dairy sector spanning technology, food production, farming and more.' A small circular icon with a play symbol is in the bottom left corner of the main content area.

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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Education News (monthly email update)

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

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

Keep in touch:
education@nutrition.org.uk

A screenshot of an email newsletter from 'Food - a fact of life'. The header reads 'Education news'. The first section, 'Last chance to register!', features a photo of two children in a kitchen and text about a conference on Saturday, 12 November 2022. The second section, 'New! Six Early Years activity packs', shows a photo of children at a table and text about activity packs for 3-5 year olds. The third section, 'Building cultural awareness when delivering healthy eating messages - webinar', shows a world map and text about a webinar with Georgina Leung. The fourth section, 'Healthy Eating Week 2022 - registration is open!', shows a photo of fresh vegetables and text about the week from 13-17 June 2022.

A screenshot of the Twitter profile for 'Food - a fact of life'. 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 picture is the 'Food - a fact of life' logo. The stats show 7,158 tweets, 1,568 following, 10.2K followers, and 1,568 following. A tweet from the account is visible, encouraging users to try 'fakeaway' recipes for pizzas, burgers, fajitas, curries, and pancakes.