



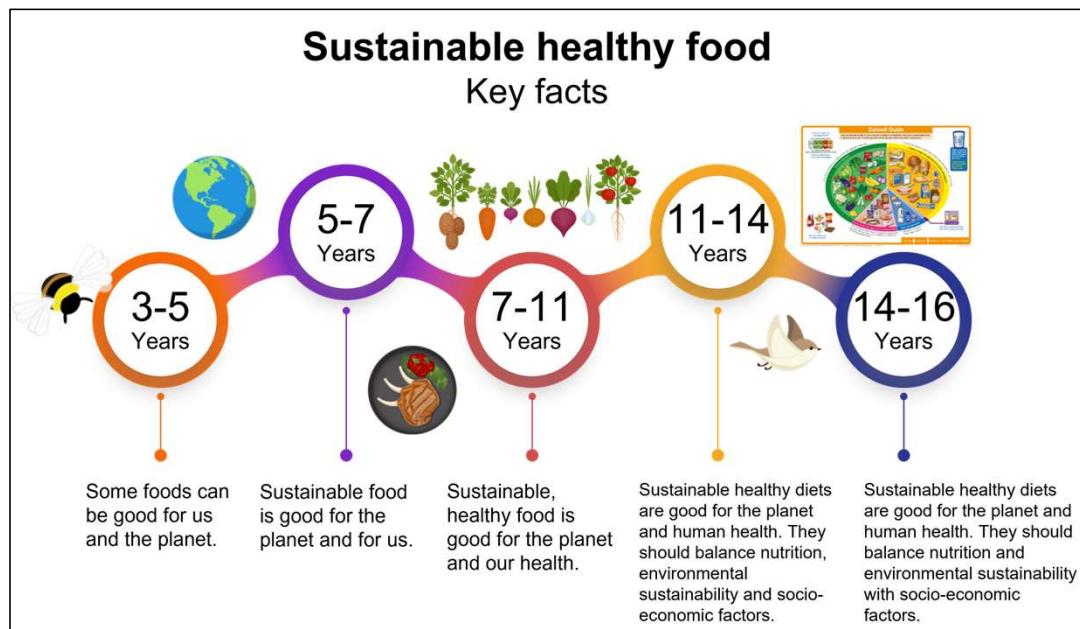
# *Food – a fact of life* resources and support

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# NEW! Sustainable healthy food



Resources to support teaching and learning around sustainable healthy food

11-14 years resources available now and resources for other ages coming soon!





# Resources...

## A presentation

Covering the main factors that make up a sustainable healthy diet, e.g.

- nutrition and health
- environmental impact
- affordability
- accessibility
- cultural acceptability
- and safety.

## Pick and mix activity sheets x 3

## Land usage

Not all land

**Climate change and food**

Try these climate change and food projects:

- Design a sustainable food product that minimizes packaging and uses eco-friendly materials.
- Consider how each component affects the environment
- Select commonly wasted foods (like bananas, bread, milk) and investigate the journey from farm to fork, including the resources (water, transport) each use.
- Create a food map that highlights the carbon footprint of wasted foods, to gain an understanding of how local and seasonal eating reduces waste.

Create a short video (1-3 minutes) that raises awareness about food waste, its impact, and solutions.

Consider focusing on a specific angle, e.g. the journey of food, how to reduce waste at home, or community initiatives.






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# Science in the context of food

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

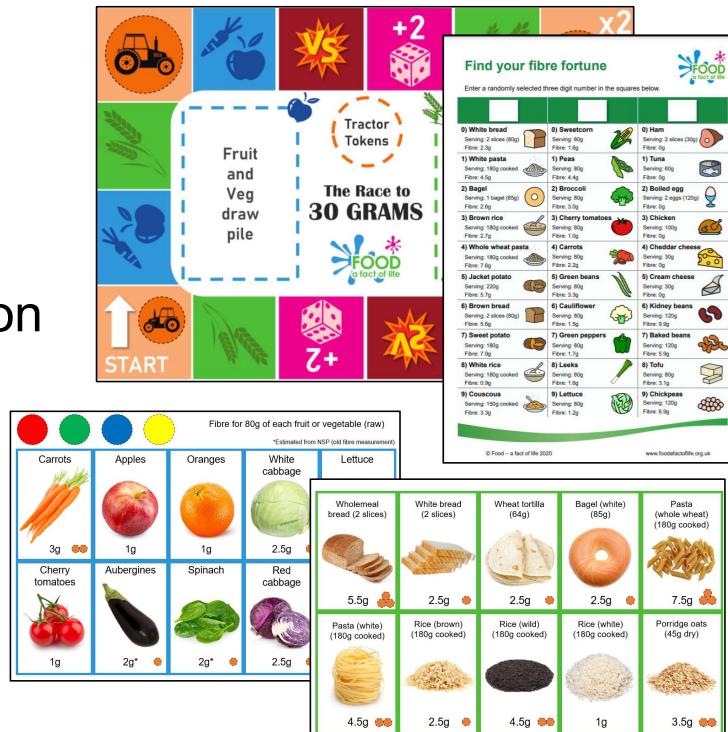
Presentations providing information and stimulus for pupils about a particular principle, and detailed support and resources for *food and nutrition* teachers and *science* teachers.



# Fibre February activity pack

## Resources:

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



**Fabulous fibre swaps**

**Case study 1: Chloe**

**Wholemeal bread**

**Broad beans**

**Kidney beans**





## Explore Food

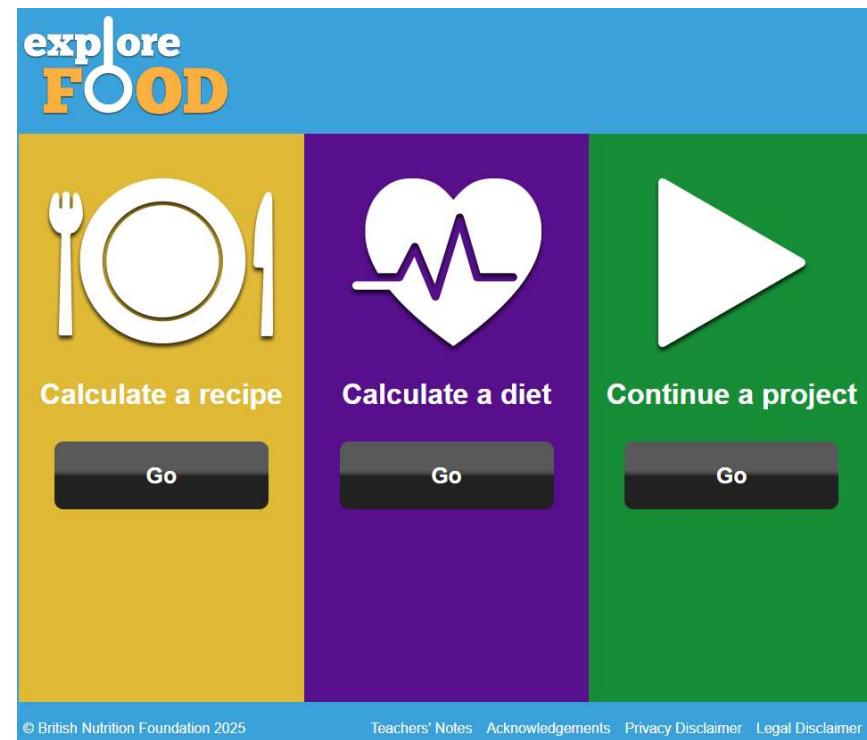
Free, user-friendly online nutritional analysis tool for secondary school pupils.

Data from McCance and Widdowson.

Analyse a recipe or diet and produce nutrition labels.



Further support:  
[Nutritional analysis webinar](#)



<https://www.foodafactoflife.org.uk/11-14-years/nutritional-analysis-11-14-years/>

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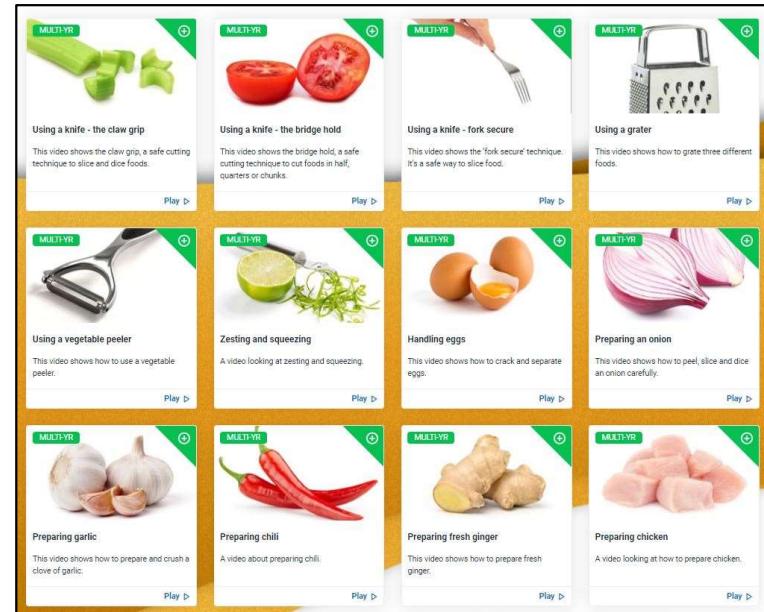


## Practical food skills videos

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/>

# Quizzes

Blog: [Boost performance and memory retrieval](#)



Ideal for using recall to boost your pupils' performance - great for revision and assessment!

A photograph of a teacher in a white shirt and a student in a school uniform (white shirt and tie) looking at a laptop together in a classroom setting.

Multiple choice individual quizzes

The Kahoot! logo, featuring the word 'Kahoot!' in white on a blue background, with the background divided into four colored quadrants: red (top left), blue (top right), yellow (bottom left), and green (bottom right).

Interactive class quizzes

A photograph of three students in a classroom, focused on their work on worksheets at their desks.

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/>



# Training diary dates

## 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



<https://www.foodafactoflife.org.uk/professional-development/ffl-training/>



## British Nutrition Foundation's... *Snack-tember* 2025

- **Aim:** to help children and young people choose healthier, more sustainable snacks
- **Date:** September 2025 – all month
- **Audience:** pupils aged 5-16 years (with a special focus on ages 11-13 years)



<https://www.nutrition.org.uk/snack-tember-2025/>



# Snack-tember 2025

<https://www.nutrition.org.uk/snack-tember-2025/>

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