

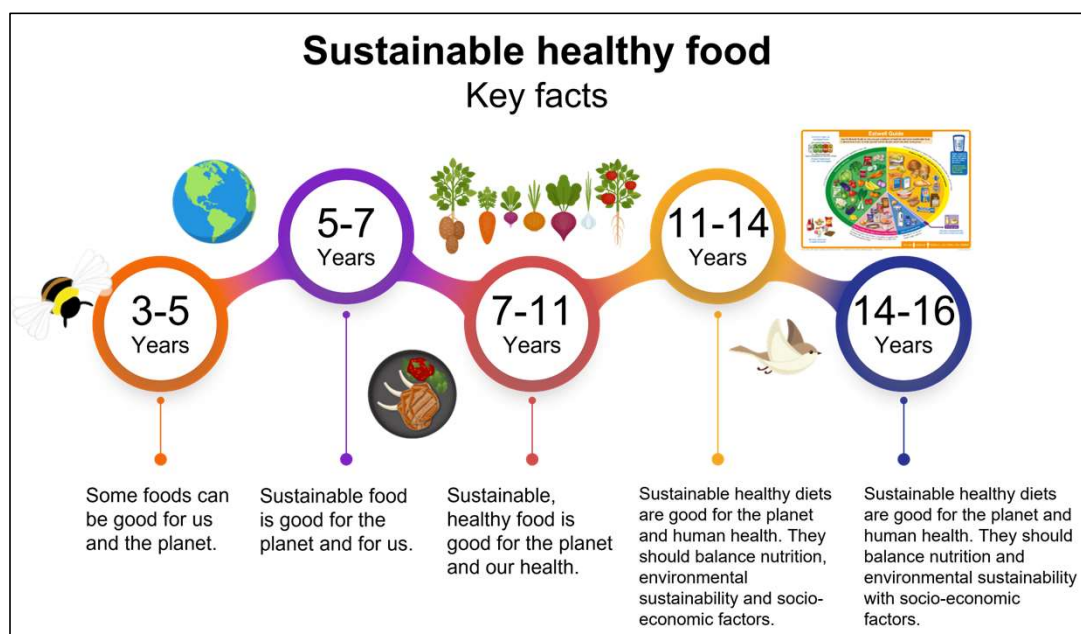


# ***Food – a fact of life*** resources and support

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British Nutrition Foundation

# 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!




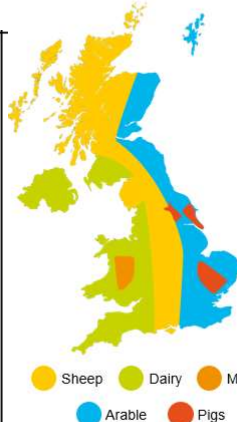
# Resources...

## 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

Sheep
Dairy
Mixed
Arable
Pigs



[www.foodfactoflife.org.uk](http://www.foodfactoflife.org.uk) © Food – a fact of life 2025

### Land usage


Not all land

### Climate change and food production

Try these climate change and food production activities:

Design a sustainable food product that minimizes packaging and uses eco-friendly materials.		If every UK food producer had an eco-friendly packaging design, we could reduce our carbon footprint.
Consider how each component affects the environment.		Suggest more ways to reduce the carbon footprint of food production.
Select commonly wasted foods (like bananas, bread, milk) and investigate the journey from farm to fork, including the resources (water, transport) each use.		Char food rearing main ingredients.
Create a food map that highlights the carbon footprint of wasted foods, to gain an understanding of how local and seasonal eating reduces waste.		Investigate the impact of food waste on the environment.


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.



Resources for secondary food teachers



Resources for secondary science teachers




# Fibre February activity pack

## Resources:

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





**Tractor Tokens**  
The Race to 30 GRAMS

Fruit and Veg draw pile

START

7+

**Find your fibre fortune**

Enter a randomly selected three digit number in the squares below

0) White bread Serving: 2 slices (80g) Fibre: 2.3g	1) Pears Serving: 180g cooked Fibre: 4.0g	2) Broccoli Serving: 100g Fibre: 3.0g	3) Cherry tomatoes Serving: 100g Fibre: 1.0g	4) Chicken Serving: 100g Fibre: 1.0g
1) White pasta Serving: 180g cooked Fibre: 4.0g	2) Broccoli Serving: 100g Fibre: 3.0g	3) Cherry tomatoes Serving: 100g Fibre: 1.0g	4) Chicken Serving: 100g Fibre: 1.0g	5) Cheddar cheese Serving: 30g Fibre: 0.0g
2) Bagel Serving: 1 bagel (80g) Fibre: 2.8g	3) Broccoli Serving: 100g Fibre: 3.0g	4) Chicken Serving: 100g Fibre: 1.0g	5) Cheddar cheese Serving: 30g Fibre: 0.0g	6) Cream cheese Serving: 30g Fibre: 0.0g
3) Brown rice Serving: 180g cooked Fibre: 2.7g	4) Carrots Serving: 100g Fibre: 2.2g	5) Green beans Serving: 30g Fibre: 1.0g	6) Kidney beans Serving: 100g Fibre: 1.0g	7) Baked beans Serving: 100g Fibre: 1.0g
4) Whole wheat pasta Serving: 180g cooked Fibre: 5.0g	5) Green beans Serving: 30g Fibre: 1.0g	6) Kidney beans Serving: 100g Fibre: 1.0g	7) Baked beans Serving: 100g Fibre: 1.0g	8) Tofu Serving: 80g Fibre: 3.1g
5) Jacket potato Serving: 225g Fibre: 3.7g	6) Cauliflower Serving: 80g Fibre: 1.0g	7) Green peppers Serving: 80g Fibre: 1.0g	8) Tofu Serving: 80g Fibre: 3.1g	9) Chickpeas Serving: 100g Fibre: 6.0g
6) Brown bread Serving: 2 slices (80g) Fibre: 2.3g	7) Green peppers Serving: 80g Fibre: 1.0g	8) Tofu Serving: 80g Fibre: 3.1g	9) Chickpeas Serving: 100g Fibre: 6.0g	
7) Sweet potato Serving: 180g Fibre: 3.0g	8) Lettuce Serving: 80g Fibre: 1.0g			
8) White rice Serving: 180g cooked Fibre: 0.5g	9) Lettuce Serving: 80g Fibre: 1.0g			
9) Couscous Serving: 180g cooked Fibre: 3.3g				

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

\*Estimated from NPD (and fibre measurement)

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

Wholemeal bread (2 slices) 5.5g	White bread (2 slices) 2.5g	Wheat tortilla (64g) 2.5g	Bagel (white) (65g) 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 +13.1g
- Chicken curry: Swap white rice for brown rice +3.6g
- Multi-YR Pizza: Swap white flour for wholemeal +3.6g

**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.

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 2 thick slices ham Smooth orange juice Medium latte	100 90 150 190
10.00	Red grapes Glass of water	80 80
11.30	2 ginger nut biscuits Tea made with whole milk	20 190 tea, 10 milk
		400 80 lettuce, 60 tomato, 50 olives 40 bread 10 butter 100 200 100 burger, 90 rolls, 20 butter 120 80 125 35

Recipe modification (Fibre-boosted pizza)

worksheet that looks at recipe modification.

DOCX

2.2 Mb

Download

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

**Broad beans**  
7.2g fibre per 100g

**Kidney beans**  
8.2g fibre per 100g  
6.6g fibre per 80g

## Explore Food

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

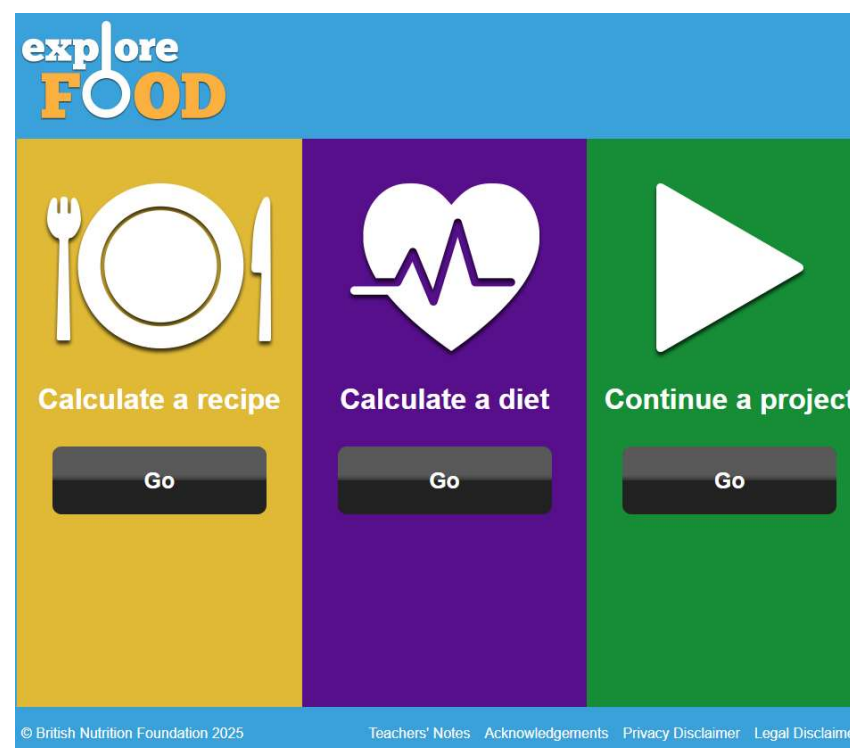
Data from McCance and Widdowson.

Analyse a recipe or diet and produce nutrition labels.



Further support:

[Nutritional analysis webinar](#)

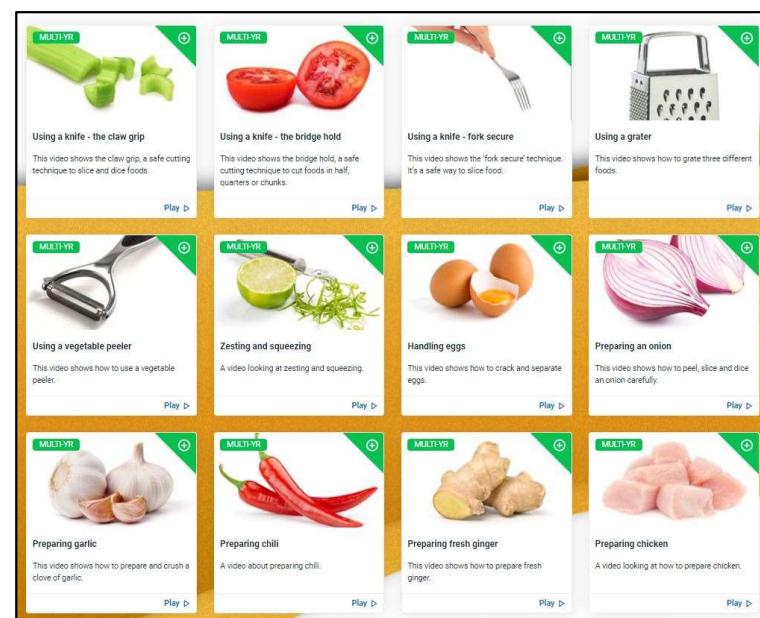


# Practical food skills videos

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!

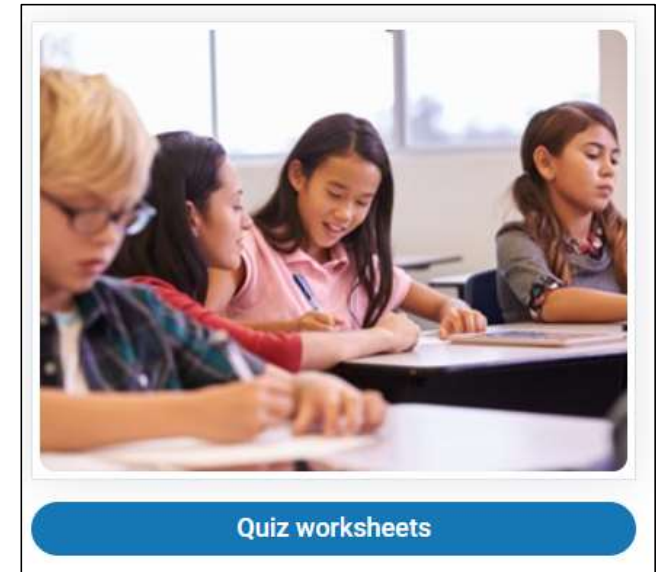
<https://www.foodafactoflife.org.uk/11-14-years/cooking-11-14-years/new-cooking-videos-11-14-years/>

# Quizzes

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



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



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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