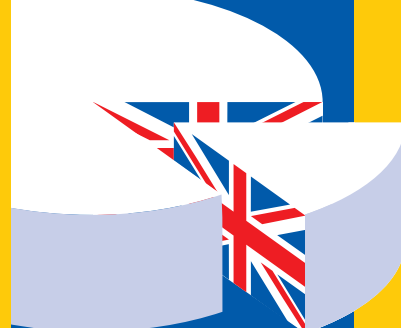


Putting the 000! back into food



A RESOURCE PACK FOR SCHOOLS



British
Food
Fortnight

24 Sept ~ 9 Oct 2005

An invitation to take part in
British Food Fortnight 2005
sponsored by the
Department of Health with
support from Nationwide

NHS



Just Eat More
(fruit & veg)

Nationwide



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British Food Fortnight in partnership with the Department of Health

Last year schools across the country used British Food Fortnight as an opportunity to teach young people about food: about the diverse and delicious range of food available, the benefits of healthy eating and about the pleasures of eating quality, fresh, seasonal and regionally distinct produce.

This year the organisers have worked with the Department of Health and Department for Education and Skills' Food in Schools programme to update this Resource Pack for teachers with ideas from last year's event and new resources. We hope it will encourage you to run special lessons and activities for young people during British Food Fortnight and that you will be inspired to continue similar activity throughout the year:

- Ideas for lessons and activities for each curriculum subject for early years, primary and secondary children.
- Brief descriptions of activities with contact details for teaching resources.
- In-season recipes for children to try.
- Contacts of organisations, producers, retailers, restaurants and tourism outlets that can help you by offering activity-based support and learning facilities in educating young people about food.

The National Healthy Schools Standard was introduced in October 1999 and takes a whole school approach to supporting the delivery of Personal, Social & Health Education (PSHE) & Citizenship in schools. The Government has an aim that all schools will be healthy schools or working towards healthy schools status by 2009. The Programme is currently being strengthened to include healthy eating & physical activity as core themes. To find out about becoming a healthy school contact your local healthy schools co-ordinator whose contact details can be found on www.lhsp.org

Food in Schools

For the last three years the Department of Health (DH) and Department for Education and Skills (DfES) have been working on a Food in Schools programme that aims to help schools implement a whole school approach to food education and healthy eating. The DfES strand comprises a variety of strategies to support and enhance food education in schools including professional development for teachers, a food partnerships publication and curriculum materials to support links between science and technology. The DH strand provides a Toolkit of materials to support healthy eating and drinking throughout the school day. For a one-stop shop for information on school food go to www.foodinschools.org

Food in Schools Toolkit

The Food in Schools Toolkit and website provide valuable guidance and resources on food related activities throughout the school day. The information is designed for teachers, parents, school governors, head teachers, pupils and health professionals. It includes advice on developing healthier breakfast clubs, cookery clubs, lunch boxes, growing clubs, a healthy dining room environment, water provision, healthier tuck shops and healthy vending machines.

The Toolkit consists of guidance, case studies and templates brought to life

by interactive elements such as a 'Food Audit', to help schools create customised solutions and a 'Virtual Day', which follows a day in the life of a student. Resource and print centres give access to reference materials, downloadable posters, template questionnaires, booklets & presentations. These can be adapted to suit individual school's needs and local community concerns/issues.

The advice provided is based on pilot work conducted in over 300 schools. It is of particular value to schools working towards the healthy eating strand of the National Healthy Schools Standard. It links directly to the objectives in the Healthy Living Blueprint and complements other work to improve school food, including school meals, the School Fruit and Vegetable Scheme and 5 A DAY.

If you are involved in the promotion of healthier eating, the general wellbeing of children and the school community, you will find something in the Toolkit to help – whether you are just starting out or have already achieved Healthy Schools status.

For details of how to obtain the Toolkit see p25.

Improving School Meals – update

The DfES School Meals Review Panel is currently considering how to tighten nutritional standards in school meals, with a view to producing draft guidelines for consultation in the autumn and standards coming into force from September 2006. There will be an announcement later in the summer, giving details of the new, additional funding to schools and LEAs for meals and there are also plans to introduce a series of new qualifications for school cooks. The School Food Trust will become operational from September 2005, when it will provide information and support for schools, parents and governors on how to become involved in helping improve the quality of food served.

The new Food Standards Agency & National Governors' Council framework to assist governing bodies adopt a strategic approach to food policy in schools will be available on their websites from mid-June.



Foreword by HRH The Prince of Wales



CLARENCE HOUSE

I could not be more pleased to send this message of support to the fourth British Food Fortnight and to endorse this Guide which, for the second year, is being made available to all schools in England and Wales. I cannot tell you how impressed I was by the range of activities which last year's Guide inspired so many schools to organize and I am sure it will be equally successful in 2005. I can only offer my warmest congratulations to those teachers who invited chefs and producers to give talks; held fruit and vegetable tastings; taught their pupils to make their own healthy snacks; designed competitions to design healthy lunch-boxes and visited farms and allotments.

As a result of the successful television programme 'Jamie's School Dinners' the whole nation is now thinking about the sort of food young people eat. But providing them with healthy, nutritious meals while they are at school is only part of the challenge. We also need to teach them about seasonality, provenance and how to cook so that when they leave school, and are responsible for feeding themselves, they have the knowledge and understanding they need to buy, cook and enjoy healthy, quality food with their families and friends. If children cannot even recognize the most basic fresh vegetables, what chance do they have of making the right sort of nutritional choices?

This is one of the reasons why we need to make a concerted effort to educate young people about the nutritional benefits of eating fresh produce and how to cook it so that we do not become a nation which buys only ready-made meals and fast food, and which shies away from buying fresh meat and vegetables simply because there is insufficient knowledge of how to prepare and cook them.

I am, therefore, delighted that this year's British Food Fortnight is again placing a special emphasis on educating young people about food. Learning about food opens up a new way of thinking about the world around us. This Guide provides many ideas for food-related lessons and activities that can be incorporated as part of the national curriculum. I hope it will inspire you to make the young people you teach aware of the diverse and delicious food available in Britain and of the health benefits – and pleasures – of eating quality, fresh, seasonal and regional produce.





History of the event

Although there have always been numerous food initiatives, projects and events taking place across Britain, there was no overall flagship event to bring them to the public's attention (see calendar of regional food and drink events on www.regionalfoodanddrink.co.uk for details). British Food Fortnight was held for the first time in Autumn 2002 at the same time as Harvest Festival, the traditional time for celebrating our food.

British Food Fortnight is now firmly established as one of the most high profile events on the national calendar. Over 8,500 events have taken place during the Fortnight from activities in schools and parishes, to promotions, tastings and special menus in shops, pubs and restaurants. People have taken part in diverse and imaginative ways from special assemblies and breakfasts in schools; military cooking competitions with the British Army; Thames Valley police serving British bobbies the best of British; 'food as art' exhibitions; a Food Olympics; cities celebrating car-free day by filling their streets with stalls of local produce; events organised by the councils of Bradford, Horsham, Preston & Blackburn; a 'Beyond the Chicken Nugget' competition to find the best children's food in pubs and many more.

Raising children and young people's awareness of food and where it comes from is an integral part of the event. In 2004 20,000 schools were provided, for the first time, with this Resource Pack advising them on including food-related activities within the national curriculum. Producers as well as the retail, catering and tourism sectors were invited to work with schools to facilitate this. The response has been phenomenal. Examples of some of the imaginative and fun activities that schools have organised as a result are detailed in the following pages.

Aims

make young people aware of the diverse and delicious food and drink that Britain produces and the many food experiences available

increase awareness of the health benefits – and pleasures – of eating quality, fresh, seasonal and regional produce

increase the amount of food education in schools by encouraging teachers to hold special events for young people during the Fortnight in the hope that this will generate the enthusiasm and interest necessary to sustain similar activity year-round

encourage producers, retailers, restaurants, pubs and tourism outlets to all take a proactive role in educating the public – and in particular young people – about the food and drink that their region produces

And ultimately to nurture a renaissance in the pleasures of preparing and eating regional food and drink.

"British Food Fortnight has given these young people the chance to sample food they otherwise would not eat."

Peter Heanen, London Butcher



Children at three after-school play centres in Hammersmith enjoyed a slap-up tea courtesy of their local award-winning butcher during British Food Fortnight 2003.

What did schools do in 2003 and 2004?

Tarleton High School near Preston incorporated food into all of their lessons. In History they learnt about the foods that soldiers would have eaten in the war; in Maths they concentrated on proportions and ratios relating to recipes; Year 7 had a talk from a local caterer; and Year 10 tasted some of the locally produced 'horror meats' – Pig's Kidney, Haggis and Black Pudding! And a special assembly was devoted to promoting '5 A DAY fruit and veg' with a competition to create a Fruit Smoothie.

5 A DAY coordinators from Herefordshire's Primary Care Trust showed pupils at **John Masefield High School** in Ledbury (below, photo courtesy of the Ledbury Reporter) how to use fruit and vegetables in every-day dishes such as fruit salad, coleslaw, ratatouille and curry.



A **Wiltshire based school** organised a mass of activities to support the Fortnight with a trip to the farmers' market, visits from a bee keeper, special harvest festival, family food quiz, visit to a park to discover foods growing naturally and a competition in which each school year cooked a different meal using different British foods.

Pupils at **The Ridgeway School** in Swindon invited the elderly to a lunch they had cooked using local and British produce. There were displays throughout the school showing where local produce can be obtained.

The school canteen at **King Edmund's** in Essex served traditional British dishes throughout the Fortnight, the Food Technology department served British cakes during lunchtime and students prepared dishes using British fruits and vegetables in practical work.

Year 5 invited other pupils at Torwood House School in Bristol to a special Toy Tea Party with homemade lemonade and scones. There were lots of class activities with food diaries, poetry, role playing and food dying. The after-school cookery club made trifles and roast beef and everyone enjoyed different healthy treats at breaktime throughout the Fortnight.

90 six and seven-year-old children from Aylesbury-based **Turnfurlong Infant School** dressed up as farmers, bakers, greengrocers and chefs (below) for a special assembly where they explained how food was grown, prepared and sold. Parents in the audience were also treated to a food competition and songs about food. All food was donated to local pensioners.



70 children at ten **after-school centres in Hammersmith and Fulham** enjoyed an all-you-can-eat buffet of free range and organic produce courtesy of a local butcher. Entries from the centres' British Food Fortnight collage and poetry competition were displayed and £200 of WH Smith vouchers were donated by the butcher as prizes. Every child received a cuddly toy vegetable to take home. The borough's mayor attended the event and said, "**The children had a fantastic time. We are extremely grateful to the butcher for helping us to celebrate British Food Fortnight and healthy eating in such style.**" The butcher commented "**British Food Fortnight has given these young people the chance to sample food they otherwise would not eat.**"

Two girls choosing which of the tasty sandwiches they wish to eat at the one of the 'All-you-can-eat' buffets at an after-school centre (photo courtesy of Stan James, Fulham Gazette)



Oyster Park Junior School (below, photo courtesy of Pontefract & Castleford Express) in Ferry Fryston, West Yorkshire, was given a flavour for fruit and vegetables when they were visited by Asda's 5 A DAY team during British Food Fortnight. Teacher Marie Stevens said: **"Our Food Fortnight was fabulous thanks to your pack! We spent a week doing cross-curricular work about food. The children seem to be taking on board what they have learned about healthy diets. The canteen staff say there has been an increase in the amount of fruit and vegetables being taken."**



Foxes Piece School provided a special British breakfast for all pupils and promoted fresh fruit options in the Tuck Shop. They also harvested vegetables they had grown in their organic gardening club at school.

Fieldhead Carr Primary School in Leeds held a market/mall in their school hall. Local businesses and people had food stalls all selling produce that promotes a healthy and varied diet.

Girl Guides in Hoddesdon (below, photo courtesy of Herts & Essex Newspapers and In-Press Photography) celebrated the Fortnight with cookery and discussion. The Guides, aged 10 to 14, debated topics such as fast food versus homemade, local shops against supermarkets and vegetarianism as opposed to eating meat and learnt how to cook toad-in-the-hole. Guider Claire Maynard said: **"Some of the Guides started off by saying they didn't like toad-in-the-hole and by the end of the meeting they had eaten their creations! The Guides now have an acquired skill and have learnt about the importance of local and British foods and how different political events affect how people view food."**



There were lots of surprises when 360 Lincolnshire children visited the North Lincs Food Festival to taste the fantastic foods and drinks that are produced in their area. Organiser Sally Jackson said: **"We were handing out mini carrots and quite a few children said they had never tried a carrot."**

Sutton Oak Primary School in St Helens learnt that packed lunches can be tasty and good for you as well. While the teacher read a book called 'The Big Sandwich' local producer, Barton Pickles, showed the children how to make their own healthy sandwiches. This was followed by a discussion about what is in different people's lunch boxes ending with a chart showing good and bad foods and explaining the difference.

Thanet School's children (below right, photo courtesy of Thanet Times) took part in a Stir Fry Friday and held a 5 A DAY assembly as part of British Food Fortnight. As they tried their hand at cooking they were even joined by their local MP and their Healthy Schools representative. Teacher Darren Waters said: **"A lot of the Year 6 kids ended the day with a real buzz and went home to ask their mums if they could cook stir fry."**



Children at **St Columba's Catholic Primary School** (above left) in Rednal were joined by local radio presenter Elliot Webb for a healthy eating tasting session to give them an idea of what healthy foods they could introduce into their diet.

Pupils at **Norland Place School** (below right, photo courtesy of Kensington & Chelsea News) in London were visited by their local butcher who showed them how to make burgers and kebabs using different British meats. They celebrated afterwards with a barbecue so the children could taste their own products.



Children at **Middle Row Primary School** (above left) in London were given a talk by a top London chef on the health benefits of eating fresh, seasonal produce. Pupils designed menus using British produce and the winners were given a guided tour of the kitchens at Kensington's Royal Garden Hotel.

Steve Munkley, the chef, said: **"It was a great way to spark their interest in healthy eating. I am sure there will be a few budding chefs following the visit."**

Diss High School in Norfolk held a 'Big Breakfast' event: all food technology lessons were devoted to teaching children about the importance of eating breakfast and posters were put up in the school to make everyone aware.

Kirkby C of E Primary School held a Local Food Week with every day dedicated to a different food topic: Farming and the Countryside; Food Production; Healthy Diets and Healthy Teeth; Cooking and, on the last day, a harvest festival in the local church where the children showcased what they had learnt during the week. Farmers, honey and cheese producers gave demonstrations and a local chef cooked healthy food with the children. As part of the week's activities, children put together a newsletter on healthy eating for their parents, designed promotional materials to promote local Merseyside produce and designed menus using fresh, local, healthy produce. At the end of the week, the local fruit and veg van was outside the school so parents could buy fresh fruit and vegetables.

Pupils at **St James's Primary School** in Lancashire fed calves at a local farm and learnt how milk is produced.

Herne Bay High School in Kent ran a special French-style café serving Tart Tatin and Apple Tart made with local Kentish apples. As part of their Foreign Language course, students had to order their food in French. And the money raised went to the school's mini community charity.



Children from **17 primary schools in the London Borough of Hammersmith and Fulham** (above) took part in a Smoothieathon competition to make the best fruit & vegetable drinks for British Food Fortnight. Councillor David Williams said: **"This was a fun way for children to learn about healthy eating and the variety of fruit and vegetables."** Sandra Martin, learning mentor at Wormholt Park Primary School, said: **"We tried out lots of different smoothie recipes over the two weeks. The children preferred the fruit to the vegetables though a lot of them were surprised how good the vegetable drinks tasted."** The Council ran a borough-wide competition challenging primary schools to come up with recipes for fruit and vegetable smoothie drinks.

North Walsham Junior School in Norfolk marked the Fortnight by planning their own vegetable garden and planting fruit trees.

Grantham Church High School really took up the challenge with week one of the Fortnight dedicated to 'Real Food & Farming' and week two to 'Celebrating Real British Food'. All culminating in a student and parent cookery competition and a school Food Festival with lots of local producers.

Children at Cherry Trees Preparatory School in Suffolk launched the Fortnight with a Fair Trade café run by Year 3 children. During the Fortnight there were school visits to an orchard, a dairy farm, the Greene King Brewery, Packenham Water Mill to watch flour being ground and Pizza Express to make a pizza. The highlight of the week was a lunch in aid of Cancer & Leukaemia in Children. Hosted by Years 4, 5 & 6, the children laid a silver service table and prepared and served a delicious 3-course lunch for parents who had been asked to donate £10 per head. The Fortnight culminated in a special harvest festival where children presented a harvest sheaf made with the flour they had watched being ground followed by a Mad Hatter's Tea Party.

Pupils from Ranton All Saints Primary School in Staffordshire were given a special breakfast of local fare at their local pub. They learned about regional specialities such as Staffordshire Black Pudding Oatie and Black Country Cheesy Pork Steak all supplied from local retailers and producers.

Children at **40 Nottinghamshire schools** who 'eat their greens' were given an added incentive to choose healthy food at lunchtime – they were given a passbook which was stamped each time they chose fresh produce and the completed passbooks were entered into a prize draw. 100 children won the chance to see Nottingham Forest play and share a special British Food Fortnight healthy breakfast with the football club's stars! All courtesy of local farmer, David Rose. Head Teacher, Debbie Yates-Linnell said: **"I had one mother saying to me last week that her son was too ill to be at school, but he wanted to come in anyway to get a stamp on his passport."**

Castercliff School in Lancashire held a 'Healthy Day' combining fruit and vegetable tastings with lessons in dental and general hygiene and a visit from the school nurse.

At **Wilson's Endowed CE School** in Lancashire all school dinners included local produce throughout the Fortnight and their Breakfast Club ran a special menu with bacon butties, crumpet melts, boiled eggs and soldiers, sausages and beans, pancakes and toasted teacakes. There was a Whole School Baking Day with everyone baking bread and cakes and making chutney using local ingredients; a Teddy Bears' Picnic for families; their own mini farmers market with a stall of local produce in the school for parents and locals; and school assemblies with local producers coming in to talk to children. And they were even visited by their local radio station who joined in the celebrations.

Over 100 pupils at **Rolvenden Primary School** supplied and cooked a special harvest lunch.

Briary Primary School in Kent replaced normal lessons with ones about food. The children dressed up as people to do with food for a special harvest assembly and the local horticultural trust gave a talk and tasting on the wonderful variety of apples in Kent.

Pupils from Wilson's Endowed CE School who baked bread and made chutney during the school's celebration of British Food Fortnight. (Photo courtesy of Morecambe Guardian)



Normand Croft Community School (Image No. 1) in London held a Health Promotion Week with cholesterol and blood pressure tests for parents, serving lunch made with crops from their school garden and making smoothies with the fruits the children have grown. Four lucky pupils appeared on a special British Food Fortnight edition of Blue Peter to talk about the food they had grown in their school garden!

Students at **Coleridge Community College** (Image No. 2, photo courtesy of Cambridge Evening News) in Cambridge learnt to cook healthily with less salt, fat and sugar and increased fresh fruit and vegetables; were served healthy food in the school cafeteria and were given lessons in sports nutrition by the PE department.

Pupils from **Mowlem School** (Image No. 3, photo courtesy of East End Life) visited Billingsgate Seafood Training School at Billingsgate Market. The ten and eleven year-olds were given a presentation of the varieties of fish that arrive at the Market every day, followed by a demonstration of how to cook fish before a tasting session of what had been prepared.

Dolphin School (Image No. 4, photo courtesy of Wokingham Times) in Berkshire learnt about the three major food animals: cows, pigs and chickens. They made models of each animal, explored the products each animal produces and made sandwiches and cakes using the products. At the end of the Fortnight they all dressed up as animals, fruit, vegetables, farmers and butchers and had a school picnic. Lynne Rothwell, who organised the activities, said: ***"The children have really enjoyed discovering more about food and were fascinated by what they have learned."***

Friern Barnet School in London used the two weeks to launch their Whole Healthy School Initiative with lessons on food and healthy eating in all subjects.



125 schoolgirls at **Stroud High School** in Gloucestershire (above, photo courtesy of The Citizen, Gloucester) were served a meal made almost entirely from ingredients sourced in Gloucestershire. Anna White, 18, said: ***"I wish school dinners were like this every day"***. And Eleanor Popham, 16, said: ***"It's nice to try something different."***



Schools in East Anglia competed to win a class trip to 'Jimmy's Farm' and an apple tree for their school grounds by designing the ultimate healthy, nutritionally-balanced packed lunch with all food and drink sourced from the Eastern region of the UK.

Children from schools in Ceredigion visited local farms to create their own menu using organic produce that was then prepared by their school canteens.

A **Cumbrian school** used the Fortnight to introduce a new breakfast scheme for pupils to have a healthy meal before the school day begins.

Kirkley High School in Suffolk designed healthy eating posters in week 1 and organised practical cooking lessons in week 2.

Dallimore & Ladywood Junior Schools in Derbyshire visited a Community Allotment Project and held lots of fun tasting and growing activities.

Students at **Harrogate College** prepared a special British Dish of the Day throughout the Fortnight – Shepherd's Pie, Cornish Pasties, Lancashire Hot Pot – and offered a special British Food Fortnight menu in their training restaurant.

Secondary schools in **Herefordshire** held 5 A DAY cookery sessions as part of their normal timetable of activities.

Pupils at Colchester-based **Birch Primary School** (bottom of the page, photo courtesy of Steve Brading, Evening Gazette) prepared a traditional British lunch of toad-in-the-hole with fresh vegetables and apple and blackberry crumble. Teaching assistant, Lesley Batterham, said: ***"If you give children cooking skills, then they can make the choice of how they decide to eat in later life."***

The **Len Wastall Infant School** encouraged parents to cook healthy recipes at home and made a cookbook of children and staff's recipes to raise money for school funds.

Curzon C of E Combined School celebrated the Fortnight with a feast of traditional dishes. Parents supplied a host of national favourites ranging from sausage rolls to Scotch eggs, delicate cucumber sandwiches, scones and Lancashire Parkin. The Head Teacher said, ***"The children really enjoyed it. One lad asked if we could do it again the next day. It really was a special event."***





Harold Road School near Abergavenny (above, photo courtesy of Abergavenny Chronicle) held a competition to make a 'British Dish on a Plate'. Pupils had to create a traditional British dish, from steak and kidney pie to roast beef using various art materials.

Pupils with Autistic Spectrum Disorders cooked healthy snacks for their breaks and finished the Fortnight by making a light buffet for an open day at their new classroom.

Great Ellingham Primary School in Norfolk held a food extravaganza incorporating food activities in all their lessons. In Maths – food Maths; in Art – potato prints, food label collage, food dyes, mosaic pictures, vegetable lanterns and food containers; in ICT – menus and lists; in Science – finding about where food comes from, growing vegetables, what we eat from plants and seasonality; in History – food through the ages; in Literacy – writing poems and describing foods. They also made fruit salads and healthy snack bars to sell to parents. They finished by dressing up as farmers, bakers, chefs, grocers and butchers to explore how food is grown, prepared and sold.

Pupils at **Crick Primary School** spent the Fortnight cooking traditional British food which they then sold in a harvest market raising £195 for school funds. The HeadTeacher said **“British Food Fortnight has been an ideal opportunity for the children to apply their skills and knowledge in a practical and purposeful way.”**

Pupils aged 10 to 11 from **Sir John Cass School** (below, photo courtesy of Meat and Poultry News) visited Smithfield Market in London.



Broadland High in Norfolk invited lots of outside speakers to a Healthy Living Day. And throughout the Fortnight, each class studied a different food type in their D&T lessons.

Activities

The following pages provide inspiration and ideas for food-related lessons and activities for each curriculum subject for early years, primary and secondary children for each day of the Fortnight – plus some ideas of fun activities for children to do with their parents at the weekend.

Early Years 10-11

Primary and Secondary 13-25

WEEK 1

Day 1 – Art & Design 13

Day 2 – PSHE & Citizenship 14

Day 3 – English 15

Days 4 – Design & Technology 16-17

Days 5 – ICT, Modern Foreign Languages 18

The Weekend – Ideas for children to do with their parents 19

WEEK 2

Day 1 – History 20

Day 2 – Geography 21

Day 3 – Maths 22

Day 4 – Science 23

Day 5 – Religious Education, Music 24

The Weekend – Physical Education 25

Ideas for Early Years

Supporting the key areas of the Foundation Curriculum.

Communication, language and literacy

Teach the alphabet identifying a food for every letter – A is for apple, B is for blackberry, C is for carrot. Try and think of fresh, healthy foods and use the exercise to introduce the children to foods they may not have heard of.



Ask the children to act out nursery rhymes that are about food.

Mathematical development

Teach the children to count using different varieties of apples. 6,000 different apple varieties have been cultivated in Britain, all of which have a slightly different taste. Do a taste test – some are bitter and are good for cooking; some are sweet and are good to have in a lunchbox.

Teach them about weights and measures using food. Weigh some flour and explain to them where flour comes from and show them different types of food that are made with flour e.g. bread, cakes, pasta.

Creative development

Make a collage of food labels; ask the children to bring in from home labels from food that is made in Britain. Use the labels to make a large picture for the classroom wall.

Make a farmyard out of lego or stickle-bricks.

Hold a very simple cookery session. If your school has kitchen facilities, what about baking some biscuits? If you do not have cooking facilities at your school, your local restaurant or some of the parents may be able to lend their kitchen. Alternatively, make a fresh fruit salad or fruit smoothies.



Personal, social and emotional development

Make the 'home corner' into a farmers' market or a shop for the Fortnight – ask the children to role play being the farmer bringing his food to the market, being the shop-keeper manning their stall, and being the customer doing their weekly shop.

Organise a Teddy Bears' Picnic – remember to include Winnie the Pooh honey sandwiches and Paddington Bear marmalade sandwiches!



Five little peas
in a pea-pod pressed,
One grew, two grew,
and so did all the rest.
They grew and they grew....
and did not stop,
Until one day the pod
went...POP!

This little pig
went to market,
This little pig stayed at home,
This little pig had roast beef,
This little pig had none,
And this little pig cried,
'Wee-wee-wee'
All the way home

The Queen of Hearts
She made some tarts,
All on a summer's day;
The Knave of Hearts he stole the tarts,
And took them clean away.
The King of Hearts called for the tarts,
And bet the Knave full sore;
The Knave of Hearts
brought back the tarts,
And vowed he'd steal no more

A-Z of food

A is for Apple
B is for Blackberry
C is for Carrot



D is for Damson
E is for Egg
F is for Fish



G is for Gooseberry
H is for Ham
I is for Ice cream
J is for Jam
K is for Kale
L is for Leek
M is for Marrow
N is for Nuts
O is for Onion



P is for Parsnip
Q is for Quince
R is for Raspberry
S is for Strawberry



T is for Turnip
U is for Unhealthy food!
V is for Vegetable
W is for Watercress
X is eXtra special food
Y is for Yummy food
Z is Zucchini (Courgette!)

RESOURCES

Early Years

NEW: Early Years Experience

For a vast collection of information and resources including cookery ideas and recipes, songs and rhymes and so much more go to www.bigeyedowl.co.uk

NEW: Under 5s

There is a comprehensive list of free learning resources and activity ideas for under 5s aimed at parents as well as teachers on the Under 5s website at www.under5s.co.uk

British Nutrition Foundation

There are a number of resources for early years children on the British Nutrition Foundation website at www.nutrition.org.uk > education
Tel: 020 7404 6504
E-mail: postbox@nutrition.org.uk

Children's Cookbooks

There are lots of cookbooks related to children's stories. There is a useful list on www.amazon.co.uk. For example, *The Beatrix Potter Country Cookery Book*, *The Wind in the Willows Country Cookbook*, *Mickey Mouse Cookbook* and *Mother Goose Cookbook*.

If you go out in the woods today
You're sure of a big surprise.
If you go out in the woods today
You'd better go in disguise

For every bear that ever there was
Will gather there for certain, because
Today's the day the teddy bears have their picnic

Picnic time for teddy bears,
The little teddy bears are having a lovely time today.
Watch them, catch them unawares,
And see them picnic on their holiday.
See them gaily dance about.
They love to play and shout.
And never have any cares.
At six o'clock their mummies and daddies
Will take them home to bed
Because they're tired little teddy bears

Knowledge and understanding of the world

Teach the children about seasonal food. Create a wall chart with columns for each season. Cut out pictures of different foods from packets and magazines and help the children stick the pictures in the correct season. For example, strawberries and lettuce in summer; carrots and rhubarb in spring; apples and potatoes in autumn; turnips and brussel sprouts in winter.

Decorate four boxes or shopping baskets – one as 'seas and rivers', one as 'trees', one as 'plants' and one as 'farm animals'. Help the children to sort a mixed bag of shopping out, putting the right product into each basket.

Ask the children what they had for tea the day before and explain to them how the various types of food they ate got from where they started to their plate.

For example: Where did your milk come from?
What do you make from milk?

Little
Jack Horner
sat in a corner,
Eating his Christmas pie;
He put in his thumb
And pulled out a plum,
And said "What a good
boy am I!"

Pat a cake,
pat a cake, Baker's man
Bake me a cake as fast as you
can; Pat it and prick it,
and mark it with a 'B',
and put it in the oven
for baby and me!

Chick, chick, chick, chick, chicken
Lay a little egg for me.
Chick, chick, chick, chick, chicken
I want one for my tea!
I haven't had an egg since Easter
So, chick, chick, chick, chick, chicken
Lay a little egg for me

Planning and assessment

Use the story of 'The Little Red Hen' to teach children about where food comes from. It may be fun to plant something like the little red hen did. Perhaps you could germinate beans on damp cotton wool or plant something more exciting like tomatoes. The Growing Schools Garden teacher's resource pack provides simple instructions on how to grow fruit and vegetables in hanging baskets.

See www.teachernet.gov.uk/growingschools

How to grow mustard & cress seed on damp cotton wool



- Wash a yoghurt pot and put some wet scrunched-up kitchen roll into it, followed by a thin layer of damp cotton wool, leaving a gap of about 2cm from the top of the pot.
- Sprinkle a mixture of mustard and cress seeds on top of the cotton wool, pressing them down lightly.

- Leave the pot in a warm, light place and make sure that the cotton wool remains damp but not too wet. You should see signs of growth after about 7 days.
- Suggest to the children that they ask their parents to make them egg and cress sandwiches for tea using the mustard cress they have grown.

Hold up different types of fruit and vegetables and ask the children to name them and group them into categories.

Match up pictures of animals and food.

For example, chickens and eggs; cows and milk; pigs and sausages.



British foods raise some intriguing questions about our past. Why are we a nation of curry lovers, with a taste for piquant pickles next to plainly cooked meats? What made us eat fish and chips? And what on earth is Marmite all about?

The bedrock of our food is the land and sea. Rainfall and a mild, island climate provide lush pastures for feeding cattle and sheep; our coastline (nobody is more than 75 miles from the sea) delivers plenty of fish; our copious fuel has long enabled us to bake and roast; our fields of barley and northern climate mean we mostly produce beer rather than wine. But this, of course, is only part of the story: our culture has been stirred up by the influence of many cultures over many centuries.

Romans

The four hundred years of Roman occupation brought the first of many foreign influences to our shores. Orchards, vineyards, herbs and their beloved spice, mustard, were



Normans and medieval period

A more refined native cuisine took root after the Normans introduced new ingredients and techniques. Returning Crusaders helped promote exotic flavours such as rose-water (still familiar in Turkish Delight), almonds and sugar. Expensive spices were kept under lock-and-key and put into special dishes that come down to us in such festive foods as Christmas pudding and mince pies.

The sixteenth to eighteenth centuries

After the Reformation, the British Isles were increasingly set apart from the courtly, Catholic cuisines of the continent. At the same time, improved methods of farming brought better ingredients. Both factors encouraged a simpler style of cooking which relied on the flavours of good produce. Meat took pride of place over the fish associated with Catholic fast days, and such dishes as roast beef increasingly became a symbol of national pride. Many imported foods were highly prized, as well: when the Great Fire of London swept through London in 1666, the diarist Samuel Pepys took the trouble to bury his hunk of Italian Parmesan for safe-keeping.

dwindled. There is, however, a reversal of this trend as people shop at farmers' markets, farm shops, specialists and local shops, looking for fresh, seasonal ingredients and produce such as native British meat breeds.

As well as exploring the cuisines of other cultures, chefs and home-cooks are now rediscovering recipes from the past, to find traditional ways of using native ingredients. After losing touch with the land and its produce, we are now going back to our roots.

Hattie Ellis is the author of *Eating England: why we eat what we eat* (Mitchell Beazley) and *Sweetness and Light: the mysterious history of the honey bee* (Sceptre)

Here are just a few of Britain's famous foods: Blue Cheshire cheese, Game Casserole, Upside Down Cake, Poached Pears, Roast Pork, Somerset Brie, Double Gloucester, Cornish Blue, Blue Vinny, Cotswold Lamb, Blackberry & Apple Pie, Wild Mushrooms, Potted Shrimps, Beef Wellington, Fish Pie, Steak and Kidney Pie, Bramley Apples, Cox's Apples, Ginger Bread, Northumberland Gouda, Grouse, Venison, Swaledale Cheese, Wensleydale, Pigeon Pie, Steamed Mussels, Wild Duck, Steak Diane, Artichokes, Black Pudding, Lancashire Hot Pot, Gloucestershire Old Spot, Corn on the Cob Fish & Chips,



A potted history of British

food

introduced; cheese-making thrived, pheasants and rabbits became part of the countryside and geese and guinea fowl part of the farmyard.

Anglo-Saxons

The Anglo-Saxons had a fund of sophisticated herbal lore and such plants as watercress and camomile began to be regarded as especially healthy. The peasant staples were bread and a dish known as pottage, a thick soup made of peas, beans or cereals, rather like today's porridge. Wild pigs had been domesticated by the tenth century and economically fed on household scraps and woodland forage. They provided a source of meat for people for many centuries. Their meat was salted and

preserved to last through the year in such forms as sausages and bacon.

Wild foods were valued with blackberries and raspberries being added to bread to make an early version of summer pudding.



Nineteenth century

Industrialisation wrought great changes on our diet. Fish and chips combined the fried potatoes of the industrial northern towns and cities with the fried fish of Jewish traders in London. Marmite

was invented in the nineteenth century as a handy way to use up the yeast that was a by-product of the brewing industry. The British Empire continued to make exotic tastes part of our national palate. Queen Victoria had a curry made daily in case of visitors from India, and that British stalwart, Worcestershire sauce, was first made in 1835, based on a recipe brought back from India, whilst Mrs Beeton includes mango chutney and chilli vinegar in her *Book of Household Management*.

Twentieth century

Today, we have both more choice, and less. The deprivations of two world wars and 14 years of rationing left us with a food policy geared towards productivity, and many of our special native foods

Raspberry Ice Cream, Bread and Butter Pudding, Parsnips, Savoy Cabbage, Elderflower Cordial, Goose, Brussel Sprouts, Saltmarsh Lamb, Heather-fed Lamb, Gammon, Pork Pies, Sausages, Marrows, Rhubarb & Custard, Cumbrian Air Dried Ham, Leeks, Shortcake, Mackerel, Haddock, Prawns, Stilton, Sea Bass, Trout, Turbot...



■ Potato prints

Use potatoes and root vegetables to make prints – it's very easy and great fun! All you need is some paper, a potato and some water colour or powder paints. Thick, textured paper is ideal, but why not try using transparent overheads for a stained glass window effect.

To avoid children using sharp knives, ask them to draw their shapes and get an adult to cut them out. Alternatively for older pupils, try using pastry cutters – there are many interesting shapes available (try your local cake decorating shop).

You could use this method to make all sorts of decorative displays, such as a border for a harvest festival display or a frieze for the classroom.

■ Food dyes

Food dyes are colourful and safe to use and can be bought from most food shops. Cochineal is the red one – it comes from a small South American beetle and was imported by Queen Elizabeth I. You can also get green, yellow and blue.

- Buy a plain iced cake and make a football pitch: colour the icing green and ask pupils to make marzipan versions of their favourite footballers using food dyes for their team's colours.

Use food dyes to colour fabric or old clothes. Ask the class to bring in an old item of clothing. You will need a saucepan, some ordinary household salt and some dyestuff. Create patterns by rolling the cloth into a long sausage roll and tying string around at various intervals before putting it in the dye.

Many fruits and vegetables are used in textile dyes. Here are a few examples. **Orange, Gold and Yellow** – onion skins; **Light Yellow** – orange or lemon peel, carrot tops; **Yellow** – turmeric; **Pale Green** – spinach leaves; **Green-Gold** – Golden Delicious apple peel; **Blue** – blueberries, red cabbage leaves; **Beige brown** – strong brewed coffee; **Pale Red** – beetroot, cranberries, raspberries.

Why not try using some of these!

■ Mosaic pictures

Children love getting messy! Making a simple collage using food stuffs the children have collected is a great way to help them learn about different foods.

Arrange a walk around your school grounds or a visit to a food market or allotment. Collect different foods, fruits and vegetables, pulses and grains, interesting roots, nuts and edible plant leaves. Back in the classroom

challenge the children to make a food collage – a farm scene, a tractor, a potato head or bean man. Show them examples of similar work done by contemporary artists such as Damien Hurst.

■ Vegetable lanterns

We all know about carving faces in pumpkins for Halloween, but what about other vegetables? This is easy to do though the children may need some help.

- Marrows, if they have become hard and "woody" are fun as they can have a big smiley mouth at one end, patterns cut through the middle or they can be made into 'sausage' dogs or crocodiles.
- Any fruit or vegetable that has a very hard skin is suitable; squashes are available from October to March and these make very funny faces.
- Cut off the top and scoop out the seeds and flesh then carefully carve your pattern or face through the skin; put a small nightlight inside, light it and then put the 'lid' back on.

■ Make containers for food

Make unusual containers to hold food. Look at examples of work made by craftsmen from different cultures and throughout history to get some ideas. You could try basket making, origami, using clay or even wood turning. Alternatively, why not set your pupils the challenge of making a container out of food such as a water melon for strawberries.

Thin skinned mandarins can be hollowed out, soaked in water and carefully turned inside out. Leave them to dry out and go hard before decorating them with colours or black ink.

For information on making papier mache bowls see

NEW: www.kid-at-art.com/htdoc/lesson37.html

on making a clay bowl see **NEW:** www.wttw.com/artsafari/clay.html

on carving wood bowls see www.countryworkshops.org/bowl2.html



■ Design fun labels for the plants in your school garden

"British Food Fortnight provides a focus for schools working to develop healthy eating."

DfES

■ Still life painting

Ask the class to select, arrange and present food objects in a still-life painting. Investigate the work of famous artists who have used food to convey ideas and feelings. For example: Cezanne's 200 still lifes; 'The Milkmaid' by Vermeer; or the work of Chardin in which food represents the sober life of the Parisian petite bourgeoisie e.g. 'Breakfast Table', 'Jar of Apricots', 'Basket of Wild Strawberries'. Encourage them to observe and record the different colours, tones and patterns.

■ Food sculptures

Have a look at the work of Andy Goldsworthy (www.sculpture.org.uk/artists/AndyGoldsworthy) and, using this as inspiration, ask pupils to try making some of their own creations using only natural food products. These are also great to photograph or video.

■ Make a photographic or video diary of seasonal food

If you have a school garden or allotment near school, why not make a photographic diary, looking at the seasons, the crops, the people working in the garden, tools or even soils. They can all be photographed in different ways and used to make very interesting compositions and displays. Taking photos at regular intervals to illustrate the crops growth through images is also a good idea. Pupils could even do a slide show or power point presentation for another class or assembly.

■ Design a logo and packaging for a new local food range

The design must reflect: **healthy aspects of the food; traceability to the producer; regionality.**

PSHE & Citizenship

PRIMARY



■ Good food means good health!

Teach the class about where food comes from by showing how animals and plants grow and reproduce. Some agricultural colleges and city farms provide incubation sets that schools can hire to follow the life cycle of a chicken from egg to adult. Once the chicks have hatched they can be returned to the college and their progress followed with school visits or some colleges even provide a live web cam! This provides an ideal exercise for finding out about feeding and growth and for introducing discussion about the ways we need to look after animals if they are to stay healthy. To find an agricultural college near you visit www.napaeo.org.uk. To find a city farm near your school visit www.farmgarden.org.uk. Or see farm visit resources opposite.

This exercise is also an ideal starting point to explore the issues of food production, e.g. battery farmed versus organic and free

range. This will give pupils the opportunity to consider ways in which food is relevant to their personal health and to relate food to aspects of their everyday life (e.g. exercise, medicines, allergies and obesity). To make the lesson fun add some animation by showing the class 'The Meatrix' – a cartoon exploring the issues of mass food production. www.themeatrix.com

■ Visit a local farm or allotment

Here children can learn about the rural way of life, how food is produced and about the people involved in its production. There are lots of organisations offering farm visits for schools. See 'Resources'.



"The children learn more in a week at Farms for City Children than they do in the rest of the year in a classroom."

Gloucester Primary School,
Peckham, London

■ What makes up a balanced diet?

To assist with teaching the class the importance of eating a balanced diet ask pupils to use the nutritional information panels from food packets to identify the main nutrients contained in food and establish that carbohydrates, proteins, fats, fibre, salt and water form the bulk of food. This is a good way to introduce some science into the lesson as you can demonstrate food tests to identify protein, starch, sugars, fats and water.

■ Hold a class debate on food and farming issues

Once the pupils have investigated the main nutrients in food and what constitutes a balanced diet, ask them to prepare for a class debate on, for example:

- Organic versus conventional farming.
- Intensive versus extensive farming.

- Globalisation and localisation – are they compatible?
- The moral issues of eating meat.
- Are supermarkets a good thing?
- Should we subsidise food production?
- Slow food versus fast food.



RESOURCES

Primary

The Countryside Foundation for Education

Visit the CFE's Field to Fork website and follow the Green Family who leave their home town to stay on a farm and learn about the origins of food. This is a good site to look at as preparation for a farm visit. www.countrysidefoundation.org.uk > field to fork

Yeo Valley Farms

This site offers a fun, interactive tour of a virtual organic farm and it shows how ice cream and yoghurt are made. www.yeovalley.co.uk > yeo kids and > organic farm

NEW: Hen Cam

Watch free range chickens roam on www.clarencecourt.co.uk/HenCam

Primary/Secondary

NEW: 5 A DAY

The 5 A DAY website has lots of information about fruit and vegetables including what counts towards 5 A DAY and portion sizes. You can order and download free resources including activity lesson plans for Key Stage 2 pupils linked to the PSHE curriculum and find contact details for your local 5 A DAY project co-ordinator. www.5ADAY.nhs.uk

Farms for Schools

FFS has over 140 farms offering educational facilities across England, Wales & Scotland. www.farmsforschools.org.uk E-mail: ellen-brookes@farmsforschools.org.uk Tel: 01422 882708

Farms for City Children

This charity aims to enrich the lives of children from urban areas by giving them the opportunity to spend a week in the countryside on a working farm. Supported by experienced staff and their own teachers, the children spend a week working on a farm. www.farmsforcitychildren.org Tel: 01837 810573 E-mail: jane@farmsforcitychildren.org

Federation of City Farms and Community Gardens

The FCFCG has over 65 City Farms and more than 1,200 community gardens. They range from residential gardens to large urban farms; pocket-sized urban spaces to multicultural allotments and organic orchards. All are run by the community for the community. Many offer support and visits to schools. Entrance to all farms and gardens is free. www.farmgarden.org.uk Tel: 0117 923 1800 E-mail: admin@farmgarden.org.uk

Access to Farms

A partnership of national organisations promoting education visits. See the 'places to visit' pages on www.teachernet.gov.uk/growingschools

The National Trust

For full details on visiting National Trust kitchen gardens and farms see page 19.

NEW: National Farm Attractions Network

A database of farms to visit across the country. www.farmattractions.net Tel: 01536 513397

LEAF Demonstration Farms

LEAF's (Linking Environment & Farming) national network of 70 demonstration farms host school visits. To arrange a farm visit call LEAF on 024 7641 3911 or visit www.leafuk.org or E-mail: enquires@leafuk.org

The Soil Association's 'Food for Life' Curriculum Pack

This provides a wide range of activities covering food production, farming, healthy eating and responsible consumerism all of which can be used to support classroom debate. A one-day schools' workshop and video are available to complement the curriculum pack. They also have 50 organic farms to visit throughout the country. For further details about SA resources and 'virtual' farm walks KS1 – KS4 go to www.soilassociation.org/education E-mail: education@soilassociation.org Tel: 0117 314 5000

Oxfam

Oxfam provides useful discussion material, lesson plans and online interactive material on global food trade, food miles and Fair Trade on the Oxfam website www.oxfam.org.uk/coolplanet > teachers > resources > food, trade and globalisation

Organic farming

For a good source of information on organic farming, see the Organic Milk Suppliers Cooperative's website. They are the largest and longest established supplier of organic milk in the UK. Particularly good for KS4 and older. www.omsc.co.uk

National Healthy School Standard

The National Healthy School Standard (NHSS) is jointly funded by the Department for Education and Skills (DfES) and the Department of Health (DH). The aim is to help schools become healthy and effective by providing an environment that is conducive to learning and that encourages pupils to achieve. It is part of the Government's drive to reduce health inequalities, promote social inclusion and raise educational standards through school improvement. The Standard is currently being strengthened to include healthy eating and physical activity as core themes. The Food in Schools Toolkit (see pages 2 & 25) will be central to the delivery of the healthy eating aspect. For more information visit www.wiredforhealth.gov.uk

To find your local Healthy Schools Programme Co-ordinator see www.lhsp.org

SECONDARY

RESOURCES

Primary

NEW: 5 A DAY

Download activity lesson plans for Key Stage 2 pupils linking fruit and vegetables to the literacy curriculum www.5ADAY.nhs.uk

British Nutrition Foundation

For younger children, the British Nutrition Foundation has laminated flash cards showing a picture and spelling for a range of foods that can be used for literacy and vocabulary development. Available online on www.nutrition.org.uk > education or contact British Nutrition Foundation Tel: 020 7404 6504 Email: postbox@nutrition.org.uk

The Children who Live on Planet Food

Produced by the British Meat Education Service for pupils age 5-7 years. Provides the vocabulary with which young children in a multi-cultural society can understand and communicate about food. Tel: 01908 844 247 Email: brmeated@mlc.org.uk

Secondary

Farming & Countryside Education

FACE has initiated a number of debates with young people on a variety of food related topics. Further suggestions for topics plus supporting resources on: www.face-online.org.uk>teaching >debating

Videos entitled 'Questioning the food you eat' and 'Penrhiw Organic Farm – about a Welsh organic farm' – are available free to schools. These would be useful videos to show the class before – or after – your debate. Tel: 024 7685 8261

Email: enquiries@face-online.org.uk

Regional Food

There is a comprehensive list of regional foods on www.regionalfoodanddrink.co.uk. There is also a list of regional food websites accessible from this site.

Food in Literature

There are a number of literary reviews of the use of food in famous literature. Easily accessible from most leading search engines on the internet.

Food in Shakespeare

Many people ask about food in Shakespeare. In fact food does not play a central role in his plays though it is mentioned regularly. There is an alphabetical list of foods used in Shakespeare on www.shakespeare.about.com > Shakespeare and food.

Organise a Mad Hatter's story-telling tea party

Base it on Lewis Carroll's Alice in Wonderland and make jam tarts, decorate little cakes with 'Eat Me' and ask the children to dress up as characters from the book.

Keep a food diary

Get the children to keep a diary of what they eat during the first week of British Food Fortnight and then let them present it to the rest of the class during the second week.

Compose a poem

Ask the children to write a poem about their favourite food. Read them the poem on page 17 as an example or see 'Celery' by Ogden Nash opposite.

**Celery, raw,
Develops the jaw,
But celery, stewed,
Is more quietly
chewed.**

Ogden Nash



Write a marketing brochure for foods in your region

Consider different ways to describe food, for example: who it is produced by, how it reflects the region of the country it comes from. Study the language that would be used in a professional marketing brochure.

Hold a debate on food issues

Debate is a powerful way to engage students in a subject area with which they may be unfamiliar. It offers them the opportunity to research using materials representing a wide range of viewpoints, to question others, to listen to differing views and so make their own informed decisions.

Consider a class debate on:

- What makes a healthy diet?
- Food safety – effects of fertilizers and pesticides on environment and health.
- GM verses organic.
- Food trading prices – trade barriers, fair trade, subsidies, over production, food dumping.
- Large food retailers – are they a good or a bad thing?

Food in literature

Consider how food is used in the books you are studying on your English Literature syllabus. Many authors use food either as a metaphor, a vehicle for social and emotional observations and meals as a stage-set for dialogue and drama. For example:

- **Jane Austen:** food is everywhere in her books – meals were a framework for society and they punctuate her characters' days with opportunities for flirtation. "Much was said and much was ate" she writes in Mansfield Park.
- **Charles Dickens:** for Dickens, food reflects his characters' emotions and personalities; in Great Expectations, Pip delivers a meal to the escaped convict Magwitch out of fear; the Cratchits' Christmas meal is the classic Victorian Christmas and descriptions of meals at the Dombey's are used to reveal the family's pomposity.
- **Ian Fleming:** food and drink is used in the Bond books as the central metaphor for the luxury of youth and sophistication; in Moonraker, Bond and M share asparagus (in season), hollandaise, lamb cutlets (again in season), peas, new potatoes, and a plain slice of pineapple (the height of exotic sophistication in the late 50s)*.

*Patrick O'Brian, Cooking the Books, The Guardian Dec 10 2003



Hold a 'design a healthy lunchbox' competition

Give the children an A3 sheet of paper with a template for a lunch box on one side and a table for them to describe why they chose each product on the other side. Using food labels, pictures from magazines and their own drawings ask the children to fill their lunchbox. In doing so, ask them to:

- Consider the health aspect – low sugar and low salt; to include fruit and vegetables as well as some sort of healthy 'treat' e.g. yoghurt, fruit loaf etc; the use of brown/wholemeal/granary bread and the presence of protein and calcium.
- Use their imagination, be inventive and think beyond simply a sandwich, fruit and drink.
- Include one product that reflects your region of the country.
- Each item must be traceable back to source.

Hold an exhibition with all the lunchboxes on show. Invite parents to attend. You could make up the winning lunchboxes with real food.



Design a menu for a simple supper

Ask the children to work in pairs to design a menu for a simple supper that they can take home and prepare with their family. Ask them to produce a full list of ingredients and their menu should include:

- at least one seasonal fruit, two seasonal vegetables and one regionally produced product.
- one product that can be served with no preparation i.e. raw.
- at least one dish that requires the combination and cooking of different products.

The children can present their menu to the class explaining why they have chosen each dish.

Host a cooking demonstration

Invite a local chef into school to give a cooking demonstration making a recipe using local produce. If you do not have cooking facilities in your school you could ask the chef or a local restaurant if you could use their facilities. There are a number of catering and culinary organisations offering facilities for schools (see resources opposite and on page 28).

RESOURCES

Sainsbury's Taste of Success Food Awards Scheme

The tasks are supported with education resources developed by Sainsbury's, the Design and Technology Association (DATA) and the British Nutrition Foundation (BNF). Information packs include a Teacher Guide, A3 poster and A5 parents' information leaflet. Online resources available from BNF and Sainsbury's.

Register for the scheme with Julie Guice, DATA, 16 Wellesbourne House, Walton Road, Wellesbourne, Warwickshire, CV35 9JB.

www.data.org.uk/primary/foodawards

www.data.org.uk/secondary/foodawards

Email: julie@data.org.uk Tel: 01789 473 918

Food for Thought, the Waitrose Enterprise Challenge

A folder containing all the activity details and supporting materials required. There are excellent information cards on animal welfare, fair trade, food safety, genetic modification (GM) and organic food production. Contact FACE – Farming & Countryside Education – who administer the scheme.

www.face-online.org.uk E-mail: enquiries@face-online.org.uk
Tel: 024 7685 8261

The Countryside Foundation's Field to Fork

The Countryside Foundation's Field to Fork website has a market research survey that looks into consumer shopping habits. Fruit and vegetable case studies introduce the student to the concept of seasonality, air miles, how fresh food can be stored and menu planning. This resource is free but it does require registration to access.

www.countrysidefoundation.org.uk > field to fork

British Nutrition Foundation

The British Nutrition Foundation website has a comprehensive section on teaching food technology and downloadable recipe cards for primary and secondary school children.

Also available: video on Food Technology for 11-16 year olds showing the steps involved in making a food product.

To order contact BNF Tel: 020 7404 6504

E-mail: postbox@nutrition.org.uk www.nutrition.org.uk

Adopt A School Trust

Adopt A School Trust provides a network of chefs who will run cookery workshop sessions suitable for children from 7 to 11 and integrating well with Key Stages 1 & 2 of the national curriculum. Contact Elly Mercer, The Academy of Culinary Arts. www.academyofculinaryarts.org.uk Tel: 07970 828 732
Email: elly.mercer@virgin.net

Focus on Food Cooking Bus

The Focus on Food Cooking Bus tours the country with two teachers providing onboard cooking workshops for schools. The fully equipped state-of-the-art kitchen is equipped for 16 students.

To apply for the bus to visit your school, complete the application form on www.food.gov.uk > diet and health > bus. Priority is given to schools in low income areas.

Focus on Food's 'Cook School' Magazine

Published three times a year and is available to all UK school's free of charge. It is a teaching resource for primary and secondary school teachers to help support the development of cooking skills. To subscribe contact Focus on Food Tel: 01422 383191
Email: office@designdimension.org

Food Standard Agency

There is always comprehensive information on seasonal food and how to cook it on the Food Standard Agency's website www.food.gov.uk > diet and health > news

DATA – Design & Technology Association

For ideas on Food Technology www.data.org.uk

"58%
of children would
like to be taught to
cook at school."

The Sodexo School
Meals and Lifestyle
Survey 2002

Food for Thought – The Waitrose Enterprise Challenge

Pupils are asked to recommend the development of a new food product including ingredients, sourcing, price, packaging and promotion.

To achieve this within set cost limits, the pupils will need to consider trade-offs between supply, technology and marketing. They have to justify their recommendations with reference to the costs and benefits and any environmental, ethical and consumer issues. A set of fun 'wild cards' alerts students to the possible effect of political or climatic events on food sourcing, for example:

- Political and social unrest in Middle East disrupts oil supplies and transport costs of imports escalate.
- Wimbledon weather destroys British strawberry crop.
- Milk mountain causes price avalanche.
- Concern about food miles boosts British tomato sales.
- Chicken supplies affected by avian flu.

Hold a cooking workshop

There are numerous recipes suitable for young people on the internet but you may like to try the seasonal recipes on pages 26-27. These are suitable for ages 14+.



Top ten lunchbox tips

- 1** Make sandwiches with thickly sliced bread, or choose rolls or mini pitta breads. Go for wholegrain or wholemeal varieties when you can.
- 2** Cut down on the amount of butter, margarine or mayonnaise you use.
- 3** Pick low-fat sandwich fillings such as lean meats including ham or turkey, fish (e.g. tuna), cottage cheese, Edam, mozzarella, or sliced banana.
- 4** As well as fresh fruit such as apples and bananas, include a handful of grapes, chopped fresh fruit salad or melon pieces, or a small box of raisins or a mini tin of fruit in juice.
- 5** Rather than drinks that are very high in sugar, such as fizzy colas or 'juice drinks', go for unsweetened fruit juice, flavoured bottled water, flavoured milk and yoghurt drinks.
- 6** Cut down on crisps, which are high in fat, and choose plain popcorn, breadsticks or dried mixed fruit (without added sugar) instead.
- 7** Replace cakes, chocolates and biscuits with scones, currant buns and fruit bread.
- 8** Don't forget to include some vegetables, such as cherry tomatoes, or sticks of carrot, cucumber, celery and peppers.
- 9** Remember to put some salad in sandwiches. And, once a week, why not go for a colourful mixed salad instead of a sandwich.
- 10** Try to vary what you put in your child's lunchbox. This won't just help make their lunches more interesting, but a varied diet is important to give children all the nutrients they need to grow and be healthy.

Food Standards Agency
www.food.gov.uk



Sainsbury's Taste of Success Food Awards Scheme

Sainsbury's Taste of Success Food Awards Scheme run by DATA (The Design and Technology Association) and endorsed by the Department for Education and Skills (DfES). The Food Awards focus on the successful completion of practical tasks and briefs. They run throughout the year and it is at the teacher's discretion when to take part. Children aged 5 to 11 are eligible for the primary scheme and the secondary scheme is aimed at 9 to 14 year olds. All children participating in the awards scheme are eligible for a certificate.

- 5 to 11 yrs:** ■ Design and make a product for a particular occasion or group of people to encourage them to eat more fruit or vegetables:
- design and make a fruit salad for your best friend at school.
 - design and make fruit and vegetable snacks for the class to eat at play-time every day of the fortnight.

- 9 to 12 yrs:** ■ Regionality:
- develop a range of products that use regional recipes or ingredients from around the UK; take one idea forward to prototype stage, emphasising its regional aspect.
- Soup and salad:
- design and make a new salad or soup which encourages people to eat more fruits and/or vegetables; the salad or soup should be appealing to look at and follow current healthy eating guidelines.

- 11 to 13 yrs:** ■ Healthier lunch box:
- design a complete 'healthier option' packed lunch for secondary school pupils; consideration should be given to nutritional need, product variety and appeal to children in this age group.
- Healthier Meals:
- the UK government's Food Standards Agency dietary guidelines are that the levels of salt, fat and sugar should be reduced in the average daily diet; develop a main meal or dessert that shows that you understand how levels of salt, fat or sugar can be reduced without affecting eating quality.

- 12 to 14 yrs:** ■ Catering for Health:
- many school meal services rely on ready-made dishes or products, which can be heated and served quickly and conveniently; make a range of meal options for a school canteen that follow current healthy eating principles, are capable of being successfully chilled and reheated and have pupil appeal.

- Party Snacks:
- design and make a range of finger foods that could be served at a party – all products should be able to be served cold or re-heated.

14+ yrs:

■ 5 A DAY:

- a retailer is looking for an innovative savoury ready-meal to add to their lower fat range; the meal should encourage fruit and vegetable consumption; develop a dish that meets these criteria, plus is:
 - between £1.49 and £3.99, 300g for a light meal and 450g for a main meal, less than 3% fat/450 kcals and incorporates at least one portion of fruit or vegetables.

"My healthy lunchbox at the start is a tuna & cucumber roll, but that's just a part. Carrots are full of vitamin C, which makes me look and clearly see. Yoghurt is nice and yummy, it is also good for your tummy. Fruit is good for you more and more, but I like apples to the core. Grapes are lovely in a bunch, that's why I have them in my lunch. Scones are nice with lots of jam and are also liked by my best friend Sam. Apple juice is nice with lunch, shame about it, it has no crunch."

Ryan, aged 12 – Horsham District Council
 Healthy Lunchbox Competition 2003



ICT, Modern Foreign Languages

ICT

PRIMARY

■ Use food topics as subject material for learning basic computer skills

ICT can be used in many ways to support learning and activities relating to food. Pupils could prepare weekly menus for the school canteen or write recipes for testing or displaying in school. They could keep records of the

school garden planting scheme and seasonal growth rates. Or design plant labels, using images, which can then be laminated and used in the vegetable garden. This is a good way of introducing basic keyboard skills, simple spread sheets and word documents.

Consider creating a special food section for the school website or article for the school council's newsletter.

SECONDARY

■ The food business

Set up a model of the operation of a successful tuck shop. Use the model to produce a business plan for a food retailer; outcomes from a consumer perspective; identify the constraints under which the tuck shop has to operate and the likely effects on the retailers' purchasing plans.

Discuss how the model could be presented in a spreadsheet showing inputs, the rules (formulae) and outputs. Pupils can then work in groups to construct a model, revising cells, formulae and cell references. They can test its effectiveness by using sample data representing a number of scenarios.

- Pool ideas on how to run a successful school tuck shop and identify the constraints under which it would operate.
- Clarify why it is important to identify end products, inputs and outputs.
- Build a business model with the class showing changing inputs, differing constraints and variables that affect outputs. For example a rush on an item could create disappointment, a rise in price could affect sales. Show

how the model can be used to predict trends and outcomes.

- Ask pupils to test the model with sample data to investigate a variety of scenarios, e.g. a heat wave resulting in the need for a larger stock of cold drinks.
- Ask the pupils to produce a business report on the tuck shop using text, tables and graphics.

"Teaching children about where food comes from, how it is produced and why nutrition is so important to a healthy lifestyle are invaluable lessons in an age of take-aways, processed home meals and limited opportunities for exercise."

Learning through Landscapes

RESOURCES

ICT

The Standard Site

This is a UK government site with practical guidance, schemes of work and examples of good practice in schools. Visit the DfES Standards Site's schemes of work for ICT at www.standards.dfes.gov.uk/schemes3/

ICT in Food Technology

The British Nutrition Foundation website has a useful section on how ICT can be used to support food technology including sample templates and spreadsheets.

www.nutrition.org.uk

Tel: 020 7404 6504

Email: postbox@nutrition.org.uk

Online activities relating to food

A number of organisations offer online activities relating to food, which will help pupils develop their ICT skills. For example: 'Bonkers about Bananas' and 'Milking It' developed by Oxfam with information about fair trade.

www.oxfam.org.uk/coolplanet/index

The Soil Association's farm trails

on www.soilassociation.org

which are a fun way to learn about crops and how they grow.

Foreign Languages

PRIMARY/SECONDARY

■ Qu'est-ce que tu veux?

Organise a class picnic or party where pupils have to ask for items of food or drink in the language they are studying. This could take the form of a role-play with pupils playing the parts of waiters, a head chef and customers in a restaurant or café. You could also invite foreign guests to participate.

Give the class a list of food and drink items written in the language they are studying. Organise a class visit to a local food market or shop to purchase these items or buy them in advance.

Ask the class to create labels for the picnic, each label giving the name plus a short description of the food. e.g. Pommes de terre du jardin; jambon du sud-est

d'Angleterre; limonada fria; manzanas rojas de Inglaterra.

During the picnic encourage pupils to interact with each other asking for food and drink using suitable phrases. You may like to devise a short dialogue or series of questions on cards that they can use as prompts.

Eat, be merry and chat! ...but only in your chosen language!

■ Write a tourism brochure

Write a tourism brochure for an overseas visitor describing foods to enjoy while travelling in Britain. See similar activity on page 15 but ask pupils to write the brochure in the foreign language they are studying!

"9 out of 10 children are taking food to school that contains too much sugar, salt and saturated fat."

Food Standards Agency Survey,
October 2003

Ideas for children to do with their parents

RESOURCES

Pubs

For an excellent guide to pubs that think beyond the ubiquitous chicken nugget try 'Pubs for Families', Adrian Tierney-Jones, published by CAMRA.
Tel: 01727 867201 www.camra.org.uk

Shops, Restaurants and Hotels

For general information on shops, restaurants and hotels selling or serving good local food contact **The Guild of Fine Food Retailers** Tel: 01747 822290 linda.farrand@finefoodworld.co.uk

Harvest Festivals

The Arthur Rank Centre represents a network of 20,000 churches throughout England including Methodist, URC, Roman Catholic, Baptist and other denominations.
Contact: The Arthur Rank Centre
Tel: 024 7685 3060
Email: katrinas@rase.org.uk
And for more information on how to celebrate harvest festival go to:
www.arthurrankcentre.org.uk

Breweries

For details of breweries that offer tours including those with special arrangements for schools and for a history of Britain's beer and brewing industry, visit www.visitabrewery.co.uk

Food & Drink while on holiday

To sample regional specialties whilst on holiday in the UK visit www.visitbritain.com/taste

Treasure Houses

Ten of the most magnificent palaces, houses and castles in England. Each gives a fascinating insight into life, gardening and farming over the centuries.
www.treasurehouses.co.uk

UK Villages

For places to visit and events taking place in your area visit www.ukvillages.co.uk

NEW: 'The Art of Hiding Vegetables - sneaky ways to feed your children healthy food'

Lots of ideas for encouraging children to eat more fruit and vegetables.
The book is available at a special price of £6.50 incl. postage to anyone taking part in British Food Fortnight.
All profits to Magic Breakfast a charity providing nutritious breakfast food to primary schools in most need.
Contact: White Ladder Press
Tel: 01803 813343
Email: enquiries@whiteladderpress.com

"I wish every fortnight was British Food Fortnight"

Terry Wogan, Radio 2 Mon 28 Oct 2002

■ Visit a National Trust kitchen garden or farm

Many of Britain's foods and drinks have a history as ancient as our castles and are as much a part of the tapestry of our heritage.

The National Trust has over 300 properties across the country many of which have kitchen gardens and farms that provide fun opportunities for children to learn about the history of our food and drink and how crops and vegetables are cultivated and animals reared.



The Trust runs two educational programmes called 'Food Choices' and 'From Plot to Plate'. These include special activities for young people in more than 25 working and ornamental kitchen gardens throughout the country. For example, learning to plant strawberry runners in spectacular walled gardens; discovering unusual varieties of bean such as the Orca Killer Whale bean; and comparing growing methods and tastes of the past with those of the present.

40% of children have, by way of breakfast, a chocolate bar or a packet of crisps on the way to school

Prue Leith, Choice for Children, Resurgence Issue 205

The National Trust will be launching a major children's competition during British Food Fortnight and many Trust properties will be putting on special events.
www.nationaltrust.org.uk Full contact details on page 28.

■ Celebrate Harvest Festival

Historically the Church has played a key role in reinforcing the connection between people and the land. And Harvest Festival is second to Christmas as the most popular time for 'going to church'. British Food Fortnight takes place at the time of Harvest Festival – you do not need to be a regular church-goer, or have a particular faith, to take part in the celebration. Many other religions celebrate the harvest in a similar way. Contact the Inter Faith Network for the UK. Tel: 020 7931 7766
Email: ifnet@interfaith.org.uk
www.interfaith.org.uk

**■ Tips for parents on food at home**

At home children can learn about food through a variety of different ways...

Learning about shopping: Food can be bought from many different types of shop. Consider a local bakery, butcher or greengrocer. Encourage your child to look at different or unusual foods. You could discuss where food comes from or read the labels together before it goes into the shopping basket. Try taking your child to the shops when they are not too busy and spend some extra time comparing products and discussing differences.

Reading food labels: In the shops, or at home, look at labels on the food products with your child. Point out that packaging shows important information such as the name of the food product, its weight, ingredients, date mark and storage.

Try some new foods: To encourage your child to eat a variety of foods, why not include new flavours of foods as part of a main meal? Think about where they come

from and don't be too worried if they do not like it, simply try again at a later date or with another meal.

Cooking food with your children:

Encourage your child to help you cook by involving them in choosing what to make and helping to weigh out ingredients. Try to encourage their imagination and creativity by asking them to suggest extra ingredients, for example new things to include in a salad, like edible flowers (pansies, nasturtiums). You may be pleasantly surprised!

Get creative: At special times of year, such as Chinese New Year or birthdays, set aside some times for making gifts with food. For example, bake a birthday cake for a neighbour. Remember to make sure there is adult supervision at all times.



British Nutrition Foundation
www.nutrition.org.uk

Food through the ages

Many heritage sites and museums offer programmes and visits which focus on food in history – English Heritage, National Trust, The Royal Palaces, private estates. Why not get kids out of school to an authentic setting.

Roman Times: they ate some odd food such as dormice and calves brains with roses, but they also ate a lot of fruit and vegetables. They ate their food with their fingers and used knives made from antlers with an iron blade to cut their food. Dinner would start at about four in the afternoon and could continue into the night.

Norman Times: if they were a lord they would have eaten meat all year round because they would have been able to afford to buy salt to preserve it. And they would have bought pepper to spice tasteless food or food which was beginning to go bad. If they were a peasant they would not have eaten much meat though they may have kept a pig. Their only sweet food was the berries, nuts and honey they collected from the woods.

The Second World War: food rationing started in 1940 and finally ended in 1954. What would they have eaten during food rationing? During the war, school playgrounds were dug up so that vegetables and animals could be raised on the plot. There were no deep freezes and people learnt to preserve and bottle fruit and vegetables. To help with the war effort, children were even given a couple of days off to help with the harvest. Ask the children to produce an imaginary ration book.

Examine the history of a particular food

Ask the children to select a particular food or drink product and write a short history of its development through the ages. For example, apples, bread, baked beans and many types of rare breed meat all have an interesting history and reflect Britain's changing socio-economic landscape.

And did you know?:

- peas came originally from West Asia but spread into Europe in the Bronze Age
- apples originated in the forests of Western Asia and came to Britain with the Romans
- chickens originated from the jungles of Asia
- wheat was grown 10,000 years ago in the Middle East's 'Fertile Crescent' where agriculture has its origins
- lettuce grew in the Mediterranean and was first eaten by the Romans as a dessert
- potatoes grew only in the mountains of Central America and were brought back by explorers to Europe where they aroused suspicion as they are not mentioned in the Bible.

The history of the apple

Apple growing has a long history in Britain. The first orchards were laid out by the Roman occupiers. Veterans of the imperial army were offered plots of land for fruit growing as an inducement for them to stay in this damp land.

The Normans brought with them their own strong tradition of apple growing and cider making. It was they who introduced the first recorded types: the Pearmain, chiefly used for cider making, and the Costard, which was ideally suited to pies and gave rise to the term costermonger – a seller of apples.

By Elizabethan times, England had established its own apple tradition. Long before the German Christmas tree became popular, the English decorated their homes with the native 'kissing bough' hung with candle-lit apples. Each year on the old Twelfth Night – January 17 – locals would troop into a nearby orchard to sing to the old trees. Guns would be fired to drive off evil spirits and the trees would be toasted with cider.

In those days, every farm had its own orchard. The daily allowance of cider at hay-making and harvest was reckoned to be part of the labourer's proper remuneration.

During the 19th century, the raising of new apple varieties became almost a national obsession. Some time between 1805 and 1812 a girl called Mary Anne Brailsford planted a pip in her garden at Southwell, Nottinghamshire. When the family moved, the cottage was bought by an innkeeper called Matthew Bramley. Today the Bramley has become Britain's most popular cooking apple and it is still produced from stock taken from the original tree.

Graham Harvey, *Daily Mail* 2 Feb 2004



Fast food was invented in Medieval times in the cook shops that lined the Thames catering to boatmen and travellers

RESOURCES

Primary & Secondary

English Heritage

EH offer a series of publications on 'Cooking Through the Ages' covering Medieval, Tudor and Georgian Cooking. To order online, visit www.english-heritage.org.uk

The Museum of English Rural Life
www.ruralhistory.org

Primary

History on the Net

www.historyonthenet.com > Medieval Life > Food and > Romans > Food including a fun Roman Food Woodsearch and a Roman Food Quiz

What Romans ate

For information on what Romans ate see www.bbc.co.uk/schools/romans and www.romansinsussex.co.uk/teachers

War-time rationing

Information on war-time rationing www.nutrition.org.uk > information > nutrition and health > war-time

The history of the apple

For further information on the history of the apple contact Common Ground. www.commonground.org.uk
Tel: 01747 850 820
For a fun historical Apple Factsheet and Apple Quiz see www.hdra.org.uk/schools_organic_network/facts.php

Rare Breed Survival Trust

For information about the history of some of our more unusual livestock: www.rbst.org.uk
Tel: 02476 696551

Food history

For a short history of many of our foods see www.eafl.org.uk/_healthyfood/ teacher > fascinating food facts

Sainsbury's Virtual Museum

www.j-sainsbury.co.uk/museum.htm

Secondary

The best source of information on the history of British food is 'British Food – An Extraordinary Thousand Years of History' by Colin Spencer, published by Columbia University Press Oct 2003. Though not specifically a school book this is an excellent and very comprehensive account and, as it is divided into short historical sections, it is a very usable teaching resource.

Countryside history

Countryside history section on www.ukagriculture.com
Lots of information on how our crops have evolved, how our animal husbandry began. Climate changes and the effects on crops through the ages. See our countryside change over 15,000 years in 3D.

The history of our food – how things have changed

Explore the major historical events that have influenced and changed eating in Britain. Ask the class how they think British cooking is regarded today. Gardening programmes, celebrity chefs, TV cooking programmes and innovative restaurants suggest British cuisine is flourishing. But it has not always been so. Ask students to each select a period in history, explore our eating habits during that period and the social and economic reasons for them. For example:

- the Tudors, when monarchs ate peacocks and peasants ate finches
- the Georgian era, when heated glasshouses were introduced and oranges and pineapples were grown for

the first time in this country

- the Victorians, the age of high-tea and cucumber sandwiches
- two world wars and wartime food rationing
- present-day influences of globalisation, refrigeration, multiculturalism, factory farming, the supermarket and the rise of pre-packaged and fast foods.

Then ask them to work together as a class to compare different periods and identify the high and low points of British cuisine throughout history.

Is our diet more healthy now than it was in the past?

RESOURCES

Secondary

Regional foods

There is a comprehensive list of regional foods on www.regionalfoodanddrink.co.uk. There is also a list of regional food websites accessible from this site.

English, Welsh, Scottish and Irish food and drink

For an independent on-line magazine covering all aspects of English, Welsh, Scottish and Irish food and drink with a database of suppliers across the country: www.thefoody.com

The Soil Association

The Soil Association's 'Food for Life' Curriculum Pack provides a number of activity sheets and teaching resources that support the teaching of Geography: Miles and miles and miles – how far has your food travelled? What's fair about trade?

To download a free copy, go to www.soilassociation.org/education
Email: education@soilassociation.org
Tel: 0117 314 5000

Oxfam

There is useful discussion material on the global food trade, food miles and Fair Trade on the Oxfam website www.oxfam.org.uk/coolplanet > teachers > Making a Meal of it!

East Anglia Food Links

There are excellent interactive food life cycle sequences on East Anglia Food Links website www.eafl.org.uk/healthyfood

"British Food Fortnight has been an ideal opportunity for the children to apply their skills and knowledge in a practical and purposeful way."

Head Teacher, Crick Primary School

Teach children the concept of food miles



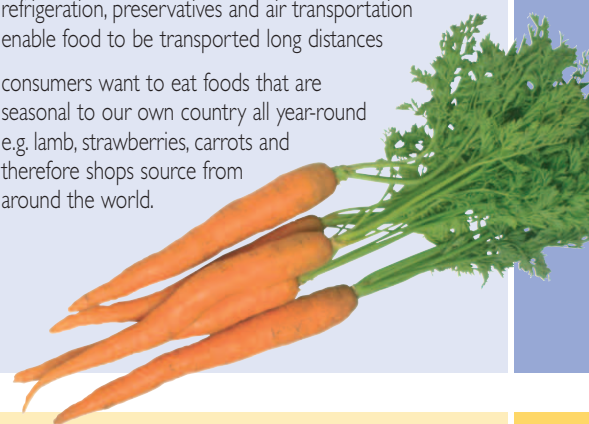
Stibington Environmental Centre

Conduct a shopping survey to find out where food sold in your local shops comes from. Take the children out in smallish groups to your local town and ask them to find out where the food in your town comes from. This may require cooperation from the local shop-keepers so choose a time when the shops are quiet.

Produce a large map of the world and mark where all the different foods and drinks you have seen in your local

shops originate from. You could also ask children to bring in labels from home. Use this exercise to teach the class the concept of food miles by asking pupils to measure – and mark on the map – the distance from where food was originally produced to where it is being sold in their local shops. Discuss the reasons why food is transported from different parts of the country and from around the world, and what impact this has on fair trade.

- different climates are suitable for different crops e.g. bananas, coffee
- refrigeration, preservatives and air transportation enable food to be transported long distances
- consumers want to eat foods that are seasonal to our own country all year-round e.g. lamb, strawberries, carrots and therefore shops source from around the world.



Develop a 'food and drink' in tourism brochure for an overseas visitor

Ask each student to select a region of Britain and:

- describe the food that typifies that region
- explain why it is an integral part of the visitor experience
- describe different sorts of food-related visitor attractions that exist in that region – for example, local pubs, food festivals, farmers markets, specialist shops...
- develop a sample menu for a local restaurant that wants to offer food to visitors that reflects the heritage of its region – remember to include local beers, ciders and other drinks that go well with the menu.



Contrast two regions of the country

Look at the effects of climate, terrain and socio-economic factors on food production. Assess how these have given rise to regionally distinct foods. For example, East Anglia which is largely arable and pigs versus the South West which is largely livestock.



■ Addition, multiplication, %'s and profit & loss in the market place

Use a role play scenario to involve pupils in mental arithmetic. Nominate pupils to adopt different roles, e.g. a greengrocer selling vegetables in the market place, a farmer selling produce to shops, or a customer:

You are a greengrocer selling vegetables from your stall in the market place and start early in the morning with 30 kilograms of potatoes and 20 cauliflowers.

Your first customer is Mrs Smith and she asks you if she can buy 5 kilograms of potatoes and 3 cauliflowers. If 1 kilogram of potatoes is £1.50 and each cauliflower costs 67p, how much money does Mrs Smith's bill come to?
 $(5 \times £1.50 = £7.50) + (3 \times £0.67 = £2.01) = £9.51$

Your next customer is Mrs Jones and as she has a large family she asks you if she can buy 15 kilograms of potatoes and 8 cauliflowers. How much money does Mrs Jones's bill come to?
 $(15 \times £1.50 = £22.50) + (8 \times £0.67 = £5.36) = £27.86$

Your third customer is Miss Robinson and she asks if she can buy 7 kilograms of potatoes and 4 cauliflowers. How

much money does her bill come to?

$$(7 \times £1.50 = £10.50) + (4 \times £0.67 = £2.68) = £13.18$$

Calculate the total number of cauliflowers sold as a percentage of your opening stock?
 $(100/20 \times (3+8+4) = 75\%)$

The vegetables you are selling were bought from the nearby farm of Farmer Giles. If you paid him £1 for each kilogram of potatoes and 20p for each cauliflower, how much profit have you made from your three customers so far?

Potatoes (cost = £1 x 30 = £30)
 (revenue = £1.50 x 27 = £40.50)

Cauliflowers (cost 20p x 20 = £4) (revenue = 67p x 15 = £10.05)

Therefore revenue over cost, thus profit = £10.50 from potatoes and £6.05 from cauliflowers or £16.55 altogether.



RESOURCES

The Countryside Foundation's Field to Fork

The Countryside Foundation's Field to Fork website has an interactive exercise for children to cost out and promote a farm shop. This resource is free but it does require registration to access.
www.countrysidefoundation.org.uk > field to fork > farming > farmshop

"Our event during British Food Fortnight was a huge success and great fun – we will repeat it next year."

Great Hockham School

■ Simple cash-flow and business planning for 14+ year olds

John is a dairy farmer and he sells the milk his 10 dairy cows produce to the local processor where it is turned it into butter. He also grows strawberries from which his wife makes delicious home-made ice-cream. They have decided to open a Farm Shop as they think they can make a bigger profit from their milk by turning it into ice-cream than by selling it unprocessed. Help John draw up a business plan for the Farm Shop and answer the following questions:

Assuming his herd currently produces 100,000 litres of milk per annum and that John receives 20 pence per litre, and that his wife's strawberry ice-cream sells for £2.50 a tub, how many tubs would she need to sell to achieve the same amount of sales as they currently do from the dairy herd?

$$100,000 \times £0.2 = £20,000 : £20,000 / £2.50 = 8,000$$

As a percentage, how much should he increase the cost per tub by to achieve a profit on sales of £10,000?

$$(\£20,000 + \£10,000) / 8,000 = \£3.75 : \£3.75 \text{ less } \£2.50 = \£1.25 ; 100 / 2.50 \times 3.75 = 50\%$$

The Farm Shop premises will be subject to a rigorous assessment by the Food Standards Officer and will need to be equipped correctly in line with recent European Union regulations. John has set aside £3,500 to purchase new

freezers, ultra-violet lights and chillers. Suggest a list of checks John will need to make to conform with the regulations and draw up a simple cash flow for the first year including this expense and based on sales of 8,000 tubs at £3.50 each.

John is eligible for a government grant of 30% of the total capital cost of setting up his Farm Shop.

Produce a business plan grant application for submission to DEFRA on John's behalf on the basis that the Farm Shop will need building and decorating work of £1,500 and that the extra equipment needed will cost £3,500 (as outlined above).

■ Convert an imperial recipe into metric

Photocopy different recipes written in imperial measures and give one to each pupil. Ask them to re-write the recipe, converting pounds and ounces into grams and kilograms. Alternatively, use the example opposite:

Conversion Table

1 Ounce (oz) = 23.85 Grams (g)

1 Pound (lb) = 0.4536 Kilograms (kg)

1 Pint (pt) = 0.568 Litres (l)

1 Gram (g) = 0.035 Ounces (oz)

1 Kilogram (kg) = 2.2 Pounds (lb)

1 Litre (l) = 1.76 Pints (pt)

Ingredients for Cottage Pie

1 tbsp oil

1 large onion chopped

2 medium carrots, chopped

1 ½ lb (560g) beef mince

14 oz (400g) can tomatoes

10 fl oz (290ml) beef stock

1 bay leaf

fresh thyme leaves from 1 sprig

2 tbsp tomato puree

salt & freshly ground pepper

For the topping:

Parsnips, potato and horseradish mash

1 ½ lb (750g) potatoes, peeled

and chopped

8 oz (225g) parsnips, peeled and chopped

2 tsp creamed horseradish

2 ½ oz (75g) butter

2 fl oz (55 ml) milk

RESOURCES

Growing Schools

A DfES programme that aims to encourage schools to use the outdoor classroom as a context for learning. Lots of information on growing food in school grounds.
www.teachernet.gov.uk/growingschools

Learning through Landscapes

A national school grounds charity, helping schools and early years settings improve the use, design and management of their outdoor environments to benefit learning and play.
www.ltl.org.uk
Email: schoolgrounds-uk@ltl.org.uk
Tel: 01962 846258

Growing organic fruit & vegetables

The Duchy Originals HDRA Organic Gardens for Schools project helps schools set up small organic food gardens to teach children how to grow organic vegetables. Their website has information on how to set up a food garden and half-termly seasonal information to help manage it throughout the year. Plus downloadable leaflets on, amongst others: vegetable gardening & crop rotation; growing on a windowsill; growing in containers. It also has helpful advice on making compost and how to deal with pests and disease without chemicals.
www.schoolsorganic.net
E-mail: enquiry@schoolsorganic.net
Tel: 02476 308 238

Outdoor classrooms

Information about buying planters for schools and about organic crop growing is available on www.outdoorclassrooms.co.uk

East Anglia Food Links

There are excellent interactive food life cycle sequences on East Anglia Food Links website
www.eafl.org.uk/healthyfood

Field to Fridge

Follow the life cycle of food from field to fridge on www.ukagriculture.com

Science Across the World

Offers resources and different topics including 'Eating and drinking around the world', 'The Economics of crops' and 'Genetically modified crops'.
www.scienceacross.com

National Federation of Young Farmers Clubs

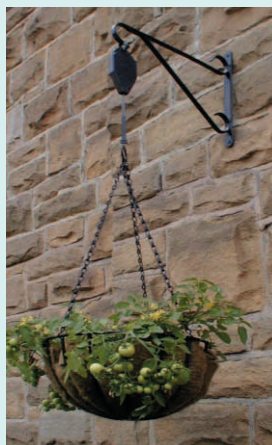
For information on how your school farm or gardening club can become a member and for details of agricultural shows that are fun to visit see www.nfyfc.org.uk

Outdoor activities

Growing food in your school grounds is an excellent way of enabling children to understand where their food comes from and to enjoy food they have grown themselves.

Growing food is easy. You do not need a lot of space or knowledge. And there are lots of resources to help you.

If you do not have sufficient outdoor space for a vegetable patch, consider tubs, window boxes, hanging baskets or yoghurt pots. The important thing is for children to have a go themselves.



Conduct scientific experiments and trials in the garden

Conduct experiments to test a particular factor such as planting densities, yields of crops sown at different times, different light regimes, soils or fertilizers.

Compare taste, weight, colour and smell by growing long and short-rooted carrots.

Compare the use of different mulches by growing broad beans and potatoes.

**I hear and I forget
I see and I remember
I do and I understand**

Chinese Proverb

Classroom activities

Fruit, root or vegetable?

Ask pupils to divide a page into sections labelled root, fruit and seeds and draw some examples of fruit and vegetables in each section. Better still, bring in a selection of unwashed fruit and vegetables with roots and leaves intact. Good items would be carrots with their leaves, tomatoes on the vine, onions or garlic with stalks, lettuces with roots or celery stalks with their leaves. For fruits you could use rhubarb, strawberries and pineapples. Explain that we eat many different parts of plants – **seeds**: peas, broad beans, sunflower seeds; **bulbs**: onions, leeks; **fruits**: apples, peppers, tomatoes; **leaves**: cabbage, lettuce, spinach; **stems**: rhubarb, celery, asparagus; **roots**: carrots, parsnips, beetroot; **tubers**: potatoes, yams; **flowers**: cauliflower, broccoli.

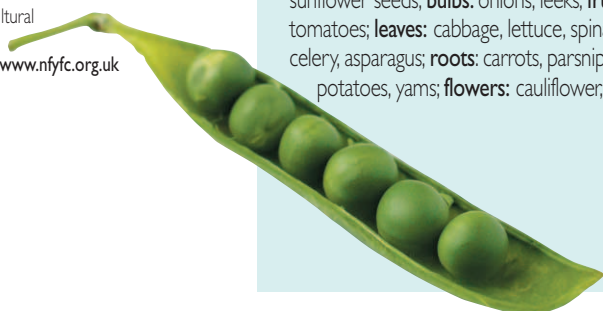
What's in season when?

The DfES in collaboration with Gardening Which? Magazine has produced a seasonal calendar for schools, including information about what to plant in your garden when and with accompanying classroom resources.

To receive your free copy
Email: growing.schools@dfes.gsi.gov.uk
or download from
www.teachernet.gov.uk/growingschools

Explore the life cycle of different foods

Ask the class to develop a life cycle of certain foods. For example, eggs, milk or potatoes tracing their development from seed-to-harvest-to-shop-to-cooking-to-compost. They could draw a diagram showing the complete cycle from seed through to compost to seed again. You could divide the class into small groups and ask each group to act out the life of a different food as a drama.



Religious Education, Music

Religious Education

Different countries and religions around the world celebrate the annual food harvest in a variety of ways and at different times of the year. In Britain, historically the Christian celebration of Harvest Festival has played a key role in reinforcing the connection between people and the land. British Food Fortnight takes place at the time of Harvest Festival and so presents lots of opportunities for schools to hold special thanksgiving assemblies or celebrations and to create harvest displays in the classroom.

PRIMARY

■ Tuck shop or breakfast club

Celebrate the harvest in your tuck shop or breakfast club by offering fresh fruit and vegetable options. If you have grown food in your school grounds (see science page 23), designed food products (see pages 16-17), or made biscuits in class then use the harvest festival as an opportunity to sell them to other pupils. The money raised can be used towards school funds.

■ Hold a special harvest festival assembly

Invite pupils to role play being a farmer, baker, greengrocer and chef and illustrate how food is grown, prepared and sold. Include a food quiz and songs about food. Invite the school gardening club, if you have one, to arrange a Harvest Fair of their produce to raise money for school funds.

SECONDARY

■ Look at ways that food and the harvest is celebrated in different faiths and cultures

For example:

- Thanksgiving in America and Canada.
- The Chinese Moon Festival.
- Pongal to celebrate the rice harvest in India.
- The Malaysian rice festival.
- Koshugatsu to celebrate the rice harvest in Japan.

- Festivals of the yam and grain harvests in Africa.
- The French wine festival on January 22nd.
- Sukkot, the Jewish festival.

■ Explore the impact of religion on the ways people eat

Why Muslims and Jews do not eat pork, why many Buddhists are vegetarians, why Hindus do not eat beef, why Christians fast during Lent.

History of Harvest Festival in Britain

The celebration of Harvest in Britain dates back to pre-Christian times when the success of the crop governed the lives of the people. Saxon farmers offered the first cut sheaf of corn to one of their gods of fertility, in order to safeguard a good harvest the following year. The last sheaf was thought to contain the Spirit of the Corn, and its cutting was usually accompanied by the ritual sacrifice of an animal – often a hare caught hiding in the corn. Later, a model hare, made from straw, was used to represent the continuity of the Spirit. This practice eventually led to the making of plaited 'corn dollies', symbolising the goddess of the grain. These were hung from the rafters in farmhouses until the next year. When the harvest was in, a celebratory supper was held to which the whole community was invited. The now widespread practice of celebrating Harvest Festival in churches began in 1843, when the reverend Robert Hawker invited parishioners to a special thanksgiving service at his church at Morwenstow in Cornwall. This led to the long-practised custom of decorating churches with home-grown produce.

From 'Active Assemblies Through the Year', Ian Addis

Music

■ The Vienna Vegetable Orchestra – music with taste

The Viennese Vegetable Orchestra, founded in 1998, plays music exclusively on vegetable instruments such as radishes (a radish-marimba) and cucumbers (a cuke-o-phon) though where necessary additional kitchen utensils are used. It creates a very novel sound that cannot be achieved with conventional instruments such as guitars and drums – it is a playful departure from the conventional use of vegetables, though after performances they are usually made into soup so that the audience can enjoy them a

second time! Why not try this in your school?

■ Recreate a festival and prepare a feast

Ask the class to consider the part that music and food play in festivals and ceremonies in Britain and around the world, e.g. Harvest Festival, Christmas, Chinese New Year. Recreate the festival using traditional music at a feast that they have prepared themselves.

RESOURCES

RELIGIOUS EDUCATION

Food and Religions

For a rough guide to food practices in different religions see:

NEW: www.faithandfood.com

Tel: 01727 833 209 or visit:

www.youthinformation.com > justice and equality > religions

More detailed information on different religious food practices can be obtained from: Inter Faith Network for the UK.

Tel: 020 7931 7766 Email: ifnet@interfaith.org.uk
www.interfaith.org.uk

The Arthur Rank Centre

The Arthur Rank Centre represents a network of 20,000 churches throughout England including Methodist, URC, Roman Catholic, Baptist and other denominations. Contact The Arthur Rank Centre Tel: 024 7685 3060 Email: katrinas@rase.org.uk
And for more information on how to celebrate harvest festival go to: www.arthurrankcentre.org.uk

Harvest Festivals around the world

For a comprehensive guide to harvest festival celebrations around the world see www.harvestfestivals.net

MUSIC

Music from Natural Objects

This site lists resources for music made from natural objects, including plants and vegetables. www.psychevanherfolk.homestead.com/nature.html

Vienna Vegetable Orchestra

www.musicomh.com/albums/vegetable-orchestra.htm

Food, glorious food!
Hot sausage and mustard!
While we're in the mood – Cold jelly and custard!
Pease pudding and saveloys! What next is the question?
Rich gentlemen have it, boys – In-di-gestion!
Food, glorious food! We're anxious to try it.
Three banquets a day – Our favourite diet!
Just picture a great big steak – Fried, roasted or stewed.
Oh, food, Wonderful food,
Marvellous food,
Glorious food.

We plough the fields, and scatter
the good seed on the land,
but it is fed and watered by God's almighty hand:
he sends the snow in winter, the warmth to swell the grain,
the breezes, and the sunshine, and soft, refreshing rain.
All good gifts around us are sent from heaven above;
then thank the Lord, O thank the Lord, for all his love.
We thank thee then, O Father, for all things bright and good,
the seed-time and the harvest, our life, our health, our food.
Accept the gifts we offer for all thy love imparts,
and, what thou most desirest, our humble,
thankful hearts.

PRIMARY/SECONDARY

Physical Education – Eating and Health

RESOURCES

NEW: Food in Schools Toolkit

The Food in Schools Toolkit provides guidance on healthier breakfast clubs, tuckshops, vending machines, lunch boxes and cookery clubs as well as water provision, growing clubs and the dining room environment drawing on lessons learnt from extensive pilot work in over 300 schools. The toolkit is available on line (www.foodinschools.org), or in hard copy from local healthy schools co-ordinators (www.lhsp.org) or by contacting prolog orderline: quoting 267 050 (Tel: 08701 555 455 or Email: dh@prolog.uk.com).

National Healthy School Standard

The NHS site 'Wired for Health' has lots of information to help teachers promote healthy eating as well as information about the National Healthy School Standard. see www.wiredforhealth.gov.uk

Healthy School Programme Co-ordinators

A national network of Healthy School Programme Co-ordinators providing schools with hands-on advice. To find your local co-ordinator see www.lhsp.org

NEW: Healthy Living Blueprint for Schools

Launched by the Secretary of State for Education in 2004 it includes useful ideas on healthy eating in schools. See www.teachernet.gov.uk/healthyliving

5 A DAY & the School Fruit and Vegetable Scheme

All 4-6 year olds in LEA-maintained schools across England are eligible to receive a free piece of fruit or vegetable every school day. Find out more about the scheme and about the Dept. of Health's 5 A DAY programme at www.5ADAY.nhs.uk
Email: schoolfruit@dh.gsi.gov.uk

Whole School Food Policy

For a one-stop shop for information on school food go to www.foodinschools.org which also includes guidance and interactive tools to assist schools develop a whole school food policy.

The British Nutrition Foundation

The British Nutrition Foundation produces a wide range of teaching aids and an online Teacher and Pupil centre. They also produce leaflets on children's diets and nutrition that you may like to distribute to your class and to parents. Available free from the Foundation though they do ask for a contribution towards postage. Contact BNF
Tel: 020 7404 6504 www.nutrition.org.uk > education Email: postbox@nutrition.org.uk

Food Standards Agency

'5 A DAY' the 'Bash Street Way' is a set of materials produced by the Food Standards Agency to explain the '5 A DAY' message to primary school children. The material is downloadable in English and Welsh from www.food.gov.uk > interactive tools > educational. The website is also packed with useful health information.

Sustain

Sustain's Grab 5 Curriculum Pack has lots of activities and material to encourage children to eat the recommended five portions of a variety of fruit and vegetables a day. Available free at www.sustainweb.org/g5cp

NEW: Breakfast Clubs

There is lots of information about Breakfast Clubs on www.bbc.co.uk/bigchallenge/makeadifference/breakfast.shtml

Milk for Schools

This charity builds awareness of the opportunities offered by the EC School Milk Subsidy Scheme. An action pack is available free of charge on receipt of a SAE to PO Box 412, Stafford, Staffs, ST17 9TF www.dairynet.co.uk

'Gimme 5!'

Features interactive computer games and screen savers aimed at children 11 to 14 years. Princess Sugabeat and Alf Alpha show how to maximise their energy levels by eating a balanced, healthy diet incorporating plenty of fruit and veg. www.food.gov.uk > interactive tools > games

The Soil Association's Food for Life programme

Provides advice on how to reform school meals as well as case studies and sample menus. The focus is on sourcing a greater quantity of healthy, organic and local food in school canteens in order to provide meals of higher nutritional value. Food for Life Action Pack Price: £6. To order, email: adaniel@soilassociation.org or call the Soil Association on 0117 914 2424.

The Department for Education & Skills School Sport Co-ordinator Partnerships & PESSCL

DfES's School Coordinator partnerships bring together families of schools to enhance sports opportunities for all. The partnership is made up of a Specialist Sports College, eight secondary schools and 45 primary or special schools. The aim is to have 400 partnerships by 2006 covering 75% of schools in England (currently there are 222 operational partnerships covering 7,500 schools). For further information Tel 01509 226 600 Email: ystinfo@lboro.ac.uk or www.youthsporttrust.org And for information on PE, School Sport and Club links, see www.teachernet.gov.uk/pe

NEW: School Nutrition Action Groups (SNAG)

These are school based alliances in which staff, pupils and caterers, supported by health and education professionals, work together to increase the uptake of a healthier diet and ensure consistent messages across the curriculum and all food served in schools www.healthedtrust.com

Diet and physical activity are inextricably linked and also form the two halves of the calories in: calories out equation. Use British Food Fortnight as an opportunity to focus on the best food to eat to achieve optimum health.

■ Explore how different foods provide different energy

Explain to children that different foods provide different amounts of energy and therefore help with different types of activity. Work out an ideal diet for different types of people:

- a famous sports personality such as David Beckham
- a professional who works in an office
- their best friend.

■ Explain about protein, carbohydrates, vitamins, minerals and roughage

Look at the properties of different foods and create a wall chart placing foods in each category.

■ Keep a food and activity diary

Ask the students to keep a food and activity diary for the first week of the Fortnight and to present it to each other during the second week.

- ask them to first consider all the activities they do each day and at weekends
- work out the number of kilojoules they require to do these activities
- work out the optimum foods that they need to provide the kjs.

**■ Start a Breakfast Club**

These are fast becoming one of the most effective environments to promote healthy and nutritional eating as well as being lots of fun. For younger children you can combine it with a story-telling club or listening to music; for older students you can supply newspapers so they can follow the news, or they can use the time to finish their homework!

Consider themed breakfasts with delicious crumpet cheese melts, boiled eggs and soldiers, sausages and beans, egg bread and scotch pancakes.

"There are few better places than the table to teach the young to be tolerant, to share, to be self reliant and easy mannered."

Nan Berger OBE FHCIMA, school catering specialist.

■ Look at how different foods benefit different parts of the body

Create a wall chart of the human body and ask the children to research what foods will enable optimum fitness for different parts. Meat for muscles, milk for bones, carrots for eyes, fruit and vegetables for skin, sweetcorn for energy, potatoes for everything! Keep the wall chart in your gym or sports hall throughout the year.

Government guidelines for a Healthy Diet

- Enjoy your food
- Eat a variety of different foods
- Eat the right amount to be a healthy weight
- Eat plenty of foods rich in starch and fibre
- Eat plenty of fruit and vegetables, aim for at least 5 portions a day – tinned, frozen, dried and juice count too
- Don't eat too many foods that contain a lot of fat
- Don't have sugary foods and drinks too often
- Drink plenty of water throughout the day.

In-season recipes

FOR YOUNG PEOPLE TO TRY

These recipes are suitable for young people 14+. They can be used during lessons or after school in a cookery club. They are designed to encourage young people to consider seasonality and provenance in their cooking and purchase of ingredients. In order to emphasise provenance, the ingredients are all sourced from the South West. Where regional ingredients are specified, please try and use an equivalent from your part of the country.

Please check that children preparing any of these recipes do not have an allergy to any ingredient, or due to cultural or religious factors cannot handle or eat particular foods. Adult supervision is advised.

Autumn Menu

Ham Hock and Mustard Terrine
Fillet Steak with Curly Kale and Red Onion Jam
Steamed Ginger Pudding with Custard

Ham Hock and Mustard Terrine

350g Lean Pork (Frocester Fayre)
250g Pork Fat (Frocester Fayre)
1 Tspn Salt
Ground White Pepper
1 Tspn Chopped Thyme (Selsley Herb)
1 Tspn Chopped Marjoram (Selsley Herb)
1 Clove of crushed Garlic (Salt Box, Camp)
2 Chopped Shallots (Duchy Farm)
6 Crushed Juniper Berries
40g Pistachio Nuts
150g Diced Pork Loin (Frocester Fayre)
2 Tspn Grain Mustard (Selsley Herb)
Butter for greasing (Netherend Farm)
650g Shortcrust Pastry
450g Piece Loin of Pork (Frocester Fayre)
1 Beaten Egg (Cotswold Legbar)
1.5 litre / 2½ pt Pate Mould
Cut the pork and pork fat into strips, place on a baking sheet, season with salt, pepper, herbs, shallots, garlic & juniper berries. Cover with cling film, chill. Mince the meat strips twice through the finest of blades. Mince the fat only once. Over ice, mix the fat into the meat a little at a time and push through a sieve. Always chill the meat well after each stage. Mix the diced loin, pistachio nuts and mustard into the meat. Grease the terrine mould, line it with pastry. Add about half the mix into the terrine, pressing it into the edges of the pastry. Add the whole piece of pork loin, cover with remaining meat mixture and fold over the pastry and place on pastry lid. Make 1 or 2 openings to allow steam to escape. Decorate the pate, brush with egg wash and add foil funnels. Bake in oven 220c or 425f gas 7 for 15 minutes. Then reduce to 180°C, 350°F, or Gas 4 for a further 35 minutes or till cooked. Allow cooling.

Fillet Steak with Curly Kale and Red Onion Jam

1 x 200g Fillet Steak (Adeys Farm)
1 Large Red Onion Finely Sliced (Duchy Farm)
1 Red Chilli (Duchy Farm)
1 Sprig of Thyme (Selsley Herb)
1 Clove Garlic Chopped (Salt Box, Camp)
75g Caster Sugar or Local Honey (Lypiatt House)
1 Glass Red Wine or Port (Bona Wines)
250g Curly Kale or Spinach (Duncan Paget)
125ml Fresh Local Apple Juice (Days Cottage)
1 Tspn Nutmeg
For the Red Onion Jam simply add some olive oil to a saucepan and heat with a touch of garlic. Next add the chilli, red onions and thyme. Sauté till soft but without colour. Add the sugar and sweat for a further 5 minutes till golden, add the red wine or Port and reduce slowly by about half the measure. Heat a frying pan with olive oil and once hot add a knob of butter and melt till golden. Add the steak and cook to the desired temperature. Once cooked, remove the steak from the pan and allow time to relax. Using the same pan add the washed kale and sauté till tender, season with nutmeg and steam slightly by adding a touch of apple juice. Serve the steak on a round of mash potato topped with sautéed kale. Drizzle the Red Onion Jam over the top and make a simple balsamic dressing around the outside. Top with fresh watercress.

Steamed Ginger Pudding with Custard

155g Sugar
155g Butter (Netherend Farm)
250g Flour (Shipton Mill)
Tspn Ginger
1 Tspn Baking Powder
3 Eggs (Cotswold Legbar)
Cream the butter and sugar together. Next beat in the eggs. Sieve the flour, spices and baking powder together. Slowly add to the egg mixture and beat till smooth. Cook in buttered and lightly floured moulds either in a steamer or water bath in a medium hot oven. Test if they are cooked by placing a knife into the centre of the pudding – if it comes out clean and hot it is ready. Serve with hot custard.

Winter Menu

Jerusalem Artichoke Soup
Roasted English Poussin with Vegetable-infused Puy Lentils
Apple and Lime Soufflé Omelette

Jerusalem Artichoke Soup

1lb 'Duchy Farm' Jerusalem Artichokes washed, peeled and sliced
1 Chopped 'Abbey Farm' Onion
1 Chopped Rasher of 'Duntisbourne Meats' Bacon
Sprig of Thyme (Selsley Herb)
Teaspoon Nutmeg
1 Pt Stock (Vegetable or Chicken)
½ Pint Whipping Cream
A few Chopped Chives (Selsley Herb)
'Selsley Herb' Olive Oil
Sweat the bacon and onion together in a thick-bottomed pan till tender but not coloured. Add the thyme and the artichokes. Cook for a further minute on a medium heat. Cover with the stock. Allow to simmer for approx. 12 minutes or till the artichokes are very tender. Remove from the heat. Place in a liquidizer with the nutmeg and puree. Once smooth strain through a sieve. Add the nutmeg. Return back to the heat to serve with the cream. Do not boil once the cream is added as it may split. Upon serving add a few chopped chives for presentation.

Roasted English Poussin with Vegetable-infused Puy Lentils

Preparing the meat:

2 Whole "trussed and oven ready" Poussins
1 Lemon and 1 Lime
3 Tablespoons Olive Oil
4 Generous Sprigs of Thyme (Selsley Herb)
2 Tablespoons Caraway Seeds
2 Teaspoons Cracked Black Pepper
2 Whole Blanched Garlic Bulbs (prepared by placing in cold water and brought to the boil. Strained and allowed to cool.)
Cut each garlic bulb in half and place into the centre of your baking tray. Place your poussins breast side up onto the garlic allowing at least a one-inch gap between each bird so that the heat is allowed to circulate. Drizzle each one with the olive oil

and sprinkle over the thyme, caraway seeds and pepper. Grate the zest of lemon and lime over each bird and finally squeeze over the juice from each. Place in an oven at 200°C for approx. 40 minutes. Cook till all the juices are clear.

Vegetable-infused Puy Lentils:

200g Washed Puy Lentils
Fine Dice of Celeriac, 1 Leek, Swede, 1 Parsnip (Duncan Paget)
1 Teaspoon Tewkesbury Mustard (Kitchen Garden Foods Ltd)
Finely Chopped Onion (Duchy Farm)
1 Crushed Garlic Clove (Salt Box, Camp)
1 Star Anise
1 Cinnamon Stick or Leaf
4 Large Tablespoons Natural Yoghurt (Hyde Farm Dairy)
Chopped Fresh Coriander
1 Orange Juiced
1 Pint Vegetable Stock or Water
2 Tablespoons Olive Oil
Warm the olive oil in a saucepan. Add the spices and heat for approx. 30 seconds to release the flavours. Add the onion and garlic and sweat gently. Add the diced vegetables and sweat for a further minute. Add the lentils and mustard and stir well. Add the juice and stock and turn heat down to a simmer. Cook slowly till all the juices are almost absorbed and the lentils are al dente. Just prior to serving add the yoghurt and coriander and a splash of stock.

Apple and Lime Soufflé Omelette

2 Apples – peeled, cored and quartered (Charlton Orchard)
4 Eggs separated (Cotswold Legbar)
Zest and Juice of 1 Lime
1 Teaspoon Cinnamon
1 Knob of Unsalted Butter (Netherend Farm)
2 Tablespoons Caster Sugar
Add the zest, juice, cinnamon and sugar to the egg yolks and whisk together to create a creamy and thick consistency. Melt the butter in a large non-stick frying pan on a moderate heat. Once golden add the apples and cook for 1-1½ minutes. Stiffly whisk the egg whites in a clean dry bowl. Gently fold the whites into the yolk mixture with a metal spoon. Turn the frying pan up to a high heat. Add the egg mixture to the

pan. Fold and stir a little to prevent sticking. Place under a grill to finish cooking and flip out onto your serving plate.

Spring Menu

Baked Goats Cheese with Herb Butter Sauce
Pitta Bread and Old Spot Pork Steak Stack
Lemon Meringue and Rhubarb Pie

Baked Goats Cheese with Herb Butter Sauce

1 x 140g Slice of Goats Cheese (Windrush Farm)
2 Sheets of Filo
1 Garlic Clove (Salt Box, Camp)
1 Lemon
2 Floz White Wine (Three Choirs)
2 Floz Apple Juice (Days Cottage)
1 Shallot (Duchy)
5 Floz Whipping Cream (Homeleigh Farm)

Seasoning
5oz Soft Butter (Netherend Farm)
Spicy Apple Chutney (Kitchen Garden Foods Ltd)

Butter the leaves of filo pastry and place one on top of the other. Top the goats cheese with a little Spicy Apple Chutney and wrap tightly in the pastry - refrigerate. For the butter sauce chop the shallot and place in a saucepan with the white wine. On a slow heat reduce the wine to the point that it becomes quite a sticky syrup. Next add the whipping cream and bring to the boil. Remove from the heat and gradually stir in the soft butter to create an emulsion. Squeeze in the lemon juice and season (do not use too much salt because of the flavour of the cheese). To cook the filo parcel use a frying pan and olive oil. Heat till a visible haze can be seen. Place the filo parcel presentation side down into the pan. Once golden turn over and repeat on all edges. The idea is to have a crisp outside pastry, soft cheese on the outside and just firm in the middle. Serve the filo parcel with a crisp Waldorf salad and a drizzle of the herb butter sauce.

Pitta Bread and Old Spot Pork Steak Stack

250g Hummus
1 Punnet Mustard Cress
1 Red Pepper (Duchy Farm)
1 Green Pepper (Duchy Farm)
1 Yellow Pepper (Duchy Farm)
2 Sprigs Rosemary (Selsley Herb)
2 Sprigs Lemon Thyme (Selsley Herb)

Pitta Bread
2 Tbl Spoons Olive Oil
25g Butter (Netherend Farm)
1 Lime
1 x 250g Old Spot Pork Loin Steak (Scrubditch Meats)
Chopped Clove Garlic
Teaspoon Cracked Black Pepper
De-seed and cut the peppers into 4. Heat a pan with a little olive oil and chopped garlic. Add the peppers and gently fry. Add the rosemary and thyme. Cook till tender. Warm the pitta bread in the oven. Slice and spread the hummus evenly over the pieces of bread once baked. Heat a pan with olive oil and garlic. Once hot add the butter and melt till golden brown. Add the Pork Steak - presentation side first into the pan. Cook till golden then turn and repeat on other side. Test that all the juices in the centre of the meat are running clear and free from blood before serving. Season with cracked black pepper and the zest and juice of lime. Serve cut into slices as a stack with the pitta bread, peppers and mustard cress.

Lemon Meringue and Rhubarb Pie

For the pastry:

1 kg Flour (Shipton Mill)
450g Caster Sugar
3 Eggs (Cotswold Legbar)
1kg Butter (Netherend Farm)
Zest of 3 Lemons
Cream the butter, sugar and zest together. Beat in the eggs. Slowly mix in the flour. Knead till smooth and chill as required. Line flan ring in normal way and bake blind. Chill remaining pastry in fridge for a maximum of 1 week.

For the filling (enough for 4 people)

125g Butter (Netherend Farm)
5 Eggs (Cotswold Legbar)
Juice of 4 Lemons
125g Caster Sugar
65g Peeled, washed and finely chopped or grated raw Rhubarb (Over Farm)

For the topping (enough for 4 people)

3 Egg Whites (Cotswold Legbar)
90g Caster Sugar
Having baked the tart blind the following needs to be done for the filling. Melt the butter in a Bain Marie (water bath). In a separate bowl mix the eggs, lemon juice and sugar. Once the butter is boiling whisk in the other ingredients and keep whisking until the mixture is smooth and thick (do not allow it to boil again). Then pour the lemon filling into the pastry case, set aside and leave to cool. Heat the oven to 220°C, 425°F or Gas Mark 7. To make the topping, whisk the egg whites until they

form stiff peaks, then gently mix in the sugar. Pipe the meringue generously on to the lemon filling and brown in the oven for 3 minutes. Serve either hot or cold.

Summer Menu

Asparagus with Pine Nut and Blue Cheese Dressing
Ruby Chard, Herb & Potato Omelette
Strawberries in Tarragon and Lavender Custard

Asparagus with Pine Nut and Blue Cheese Dressing

1 Bunch of English Asparagus (Over Farm)
65g Diced Tomato
90g Flaked English Blue Cheese (Birdwood Farm)
30g Chopped Parsley (Selsley Herbs)
30g Chopped Coriander (Selsley Herbs)
Juice and Zest of 1 Lemon and 1 Lime
6 Floz Olive Oil
Touch of Balsamic Vinegar to spice
65g Toasted Pine Nuts
Trim the woody end off of the asparagus and keep for soup or discard. Cut the tips at about 2 inch intervals, repeat the cuts along the rest of the stems. Boil a small saucepan of water. Add the asparagus, boil for 2 minutes maximum. Strain the water off and serve immediately or chill by running under cold water. Mix all the other ingredients together for the dressing & drizzle over asparagus spears.

Ruby Chard, Herb and Potato Omelette

3 Beaten Eggs (Cotswold Legbar)
2 Parboiled Potatoes thinly sliced (Duchy Farm)
3 Large Ruby Chard Leaves (Washbrook Farm)
Chopped Garlic Clove (Salt Box, Camp)
1 Chopped Onion (Duncan Paget)
Tspn Caraway Seeds
Tspn Turmeric
Freshly Chopped Thyme
Olive Oil
In a non-stick pan gently fry the onion, garlic & caraway seeds till soft with a drizzle of olive oil. Add the roughly chopped chard. Cook for a further minute to allow the chard to soften. Add the potatoes and season with thyme and turmeric. Mix together gently and finally add the beaten eggs. Fry gently on a medium flame. If the mixture is looking slightly wet finish off for 1 minute under a hot grill.

Strawberries in Tarragon and Lavender Custard

1 Punnet of Strawberries or mixed Summer Berries (A and A Fruit Farm)
3 Egg Yolks (Cotswold Legbar)
2 Eggs (Cotswold Legbar)
2 oz Caster Sugar
Chopped Tarragon (Selsley Herb)
1 Cinnamon Stick
1 Split Vanilla Pod
1/2 Pint of Fresh Cream (Homeleigh Farm)
30g Picked Lavender Flower (Snowhill Farm)

Wash and hull the strawberries and place in a bowl. Whisk together the eggs, yolks, sugar and honey. Bring to the boil the cream, vanilla, cinnamon, tarragon and half the lavender. Once boiled pour onto the egg mixture, stir well and return to the heat. On a slow heat whisk or stir continuously till the mix thickens. This is the egg cooking. To test it is ready the mixture should coat the back of a spoon. Do not over cook or you will have scrambled egg! Pour over the strawberries and allow to infuse. Serve with a meringue, a scoop of ice cream, a further amount of berries and the remaining lavender.

All recipes copyright Rob Rees, Policy Consultant and Food Expert. www.robrees.com

Top tips for food safety

1. Wash your hands before and during food preparation to stop the spread of bacteria.
2. Always wash your hands after handling raw foods before preparing cooked foods.
3. Store raw and ready to eat food separately.
4. Use different chopping boards or worktops for raw and cooked foods.
5. Clean knives and utensils thoroughly after each use.
6. Store raw meat in suitable containers at the bottom of a fridge to avoid contaminating cooked foods.
7. Store food in a fridge at 5 degrees or below to stop bacteria growing.
8. Do not over pack your fridge so that cool air can circulate.
9. Observe the "use by" label on food. Do not consume after that date.
10. Cook foods thoroughly-ensure they are piping hot and juices run clear. Don't take the risk. Test it first.
11. Cool leftovers as quickly as possible (within 1 - 2 hours) and then place in the fridge.
12. Do not handle food if feeling ill or suffering from sickness or diarrhoea.
13. Cover all cuts and sores with a waterproof plaster before starting to cook.

You are not alone!

Local butchers, restaurants, chefs, tourism outlets and food markets are all well-placed to offer activity-based teaching and learning facilities for their local schools. The following organisations are all committed to working with schools during British Food Fortnight.

Contact them direct to find out if they have resources locally that can help you.

Adopt A School Trust

A network of chefs who will run workshop sessions suitable for children from 7 to 11 and integrating well with Key Stages 1 & 2 of the national curriculum. Contact: Elly Mercer; The Academy of Culinary Arts Tel: 07970 828 732 Email: ellymercer@virgin.net www.academyofculinaryarts.org.uk

ARAMARK

A leading provider of catering and hospitality services that is happy to arrange for schools and colleges to visit units during British Food Fortnight to discover how its chefs are making best use of British produce. Alternatively executive chefs from the company can visit local schools to give talks and demonstrations on regional foods. Contact: Jacqui Atkinson Tel: 020 7963 0024 Email: atkinson-jacqui@aramark.co.uk

Arthur Rank Centre for Churches Together in England

A network of 20,000 churches throughout England including Methodist, URC, Roman Catholic, Baptist and other denominations. Contact your local church to have fun celebrating Harvest Festival as part of your food event. If you do not already have good contacts with your local churches the Arthur Rank Centre will be delighted to help you run a Harvest Festival in school or invite you to take part in a service elsewhere. Contact: The Arthur Rank Centre Tel: 024 7685 3060 Email: katrinas@rase.org.uk For more information on how to celebrate harvest festival go to: www.arthurrankcentre.org.uk

British Hospitality Association & Restaurant Association

40,000 hotels, restaurants, caterers and clubs. Many hoteliers and restaurateurs are happy to arrange for schools and colleges to visit their properties to discover why regional food is important to their businesses. Sample activities include kitchen tours and tasting sessions. Alternatively, chefs and proprietors will visit schools and colleges to talk about their use of regional produce and its importance to the hospitality industry. Contact: Camilla Woods Tel: 0845 880 7744 Email: camilla.woods@bha.org.uk

Campaign for Real Ale

Information about the history of beer and brewing as part of Britain's culture and heritage. Details of breweries which offer guided tours. Contact: Georgie Rudman Tel: 01727 867201 Email: georgina.rudman@camra.org.uk Website: www.camra.org.uk

Countryside Foundation for Education

Teacher training courses, Countryside Challenges for secondary schools, Estate Open Days, literacy days on farms and lots of supporting educational material. Tel: 01422 885566 Email: info@countrysidefoundation.org.uk www.countrysidefoundation.org.uk

Craft Guild of Chefs

1,500 chefs, many who are willing to work with schools. Contact: Suzanne Barshall Tel: 020 8948 3870 www.craft-guild.org

FACE – Farming & Countryside Education

Regional education co-ordinators who can assist schools in finding farms to visit and advise on issues relating to food, farming and education. All the co-ordinators have a teaching background. Tel: 024 7685 8261 Email: enquiries@face-online.org.uk www.face-online.org.uk

Farms For Schools

National organisation which provides details of over 140 farms to visit across the whole country Tel: 01422 882708 Email: ellen-brookes@farmsforschools.org.uk Website: www.farmsforschools.org.uk

Focus on Food Cooking Bus

This tours the country with two teachers providing onboard cooking workshops for schools. The fully equipped state-of-the-art kitchen is equipped for 16 students. To apply for the bus to visit your school, complete the application form on www.food.gov.uk > diet and health > bus Priority is given to schools in low income areas.

Guild of Fine Food Retailers

600 independent delicatessans, farm shops, food halls and small food producers. In-store tastings of regional produce throughout the Fortnight and the offer of talks for schools on local food and drink. Contact: Linda Farrand Tel: 01747 822290 Email: linda.farrand@finefoodworld.co.uk Website: www.finefoodworld.co.uk

Guild of Q Butchers

200 of Britain's finest independent meat retailers. In-school hands-on demonstrations on manufacturing of products e.g. burgers and sausages, possible shop and processing unit visits, cookery demonstrations, tasting sessions and competitions on 'my favourite product'. Contact: Ross Muir or Vanessa Gallagher Tel: 01383 432608 Email: qbutcher@rossmuir.co.uk Website: www.guildofqbutchers.co.uk

LEAF Demonstration Farms

Network of 70 demonstration farms hosting school visits. Tel: 024 7641 3911 E-mail: enquiries@leafuk.org www.leafuk.org

Learning through Landscapes

The national school grounds charity, helping schools and Early Years settings to improve the use, design and management of their outdoor environments to benefit learning and play. Website: www.ltl.org.uk Email: schoolgrounds-uk@ltl.org.uk Tel: 01962 846258

National Healthy School Programme Co-ordinators

To find your local healthy school programme co-ordinator and for information about the National Healthy School Standard see www.lhsp.org

National Association of British Market Authorities (NABMA)

135 Local Authority market service operators. Can arrange and facilitate school visits to local markets (retail and wholesale) and may be able to enlist a local authority nutritionist or market trader 'character/expert' in fresh food to speak to schools groups on benefits of eating fresh, healthy foods from the local market. Contact: David Preston Tel: 01691 680222 Email: d.preston@oswestry-tc.gov.uk Website: www.nabma.com

National Farmers' Retail and Markets Association

450 farmers' markets and 3,000 farm shops across Britain, many of which can offer facilities for schools. Tel: 0845 4588 420 www.farma.org.uk

National Trust

300 properties across the UK. The Trust will be launching a major children's competition during British Food Fortnight and many properties will be putting on special events - see the Events link on the Trust's new 'From Plot to Plate' section of www.nationaltrust.org.uk. Selected properties will take bookings from schools for hands-on kitchen garden activities and tasting sessions. There will also be downloadable resources on the website for use both in school and through self-led activities at NT kitchen gardens, farms and orchards. Please telephone the property before your visit.

For public enquiries about properties and events, contact the National Trust on: 0870 458 4000

Regional Offices of The National Trust

| | |
|-------------------------|--------------------|
| CORNWALL | Tel: 01208 74281 |
| DEVON | Tel: 01392 881691 |
| EAST OF ENGLAND | Tel: 0870 6095388 |
| EAST MIDLANDS | Tel: 01909 486411 |
| WEST MIDLANDS | Tel: 01743 708100 |
| NORTH WEST (Grasmere) | Tel: 01539 435599 |
| NORTH WEST (Manchester) | Tel: 0161 9280075 |
| YORKSHIRE | Tel: 01670 774691 |
| NORTH EAST | Tel: 01670 774691 |
| SOUTH EAST | Tel: 01372 453401 |
| THAMES & SOLENT | Tel: 01494 528051 |
| WESSEX | Tel: 01985 843600 |
| WALES | Tel: 01492 860123 |
| NORTHERN IRELAND | Tel: 028 9751 0721 |

Or for specific educational enquiries:
Liz Woodward – Food Choices Project Officer
& Farming Learning Officer Tel: 07887 627850
Email: elizabeth.woodward@nationaltrust.org.uk

Organic Gardens for Schools

The Duchy Originals HDRA Organic Gardens for Schools project will help you set up an organic food garden in your school. Contact: HDRA Tel: 02476 308 215 www.schoolsorganic.net

School Fruit and Vegetable Scheme

All 4-6 year olds in LEA-maintained schools across England are eligible to receive a free piece of fruit or vegetable every school day. For more information about the scheme and about the Dept. of Health's 5 A DAY programme go to: www.5ADAY.nhs.uk Email: fiveaday@dh.gsi.gov.uk or: schoolfruit@dh.gsi.gov.uk Tel: 0207 210 4850

The Soil Association

Food for Life curriculum pack and organic farms to visit. Tel: 0117 314 5000 Email: education@soilassociation.org Website: www.soilassociation.org/education

Women's Institute

220,000 members and 70 Federations, many with kitchens and expertise in food education. To find your local federation visit: www.womens-institute.co.uk/federations/list.shtml

STOP PRESS...STOP PRESS

Taking part in British Food Fortnight is a good opportunity to gain some local publicity for your school. Many schools taking part in last year's event were featured in their local papers and some were even featured on television. Media coverage can be a good way of thanking teachers, parents and children for their involvement. All the information you need to help you gain some local publicity - including sample media releases, invitations to issue to journalists and full list of media contacts in each region - is available on: www.britishfoodfortnight > schools > gaining publicity



For further information please contact:

British Food Fortnight
PO Box 16141
London SE11 4ZH
www.britishfoodfortnight.co.uk
email: info@britishfoodfortnight.co.uk

Food in Schools
Department of Health
Wellington House
133-155 Waterloo Road
London SE1 8UG
www.foodinschools.org
email: info@foodinschools.org

The organisers of British Food Fortnight want to hear from YOU!

**Help us get you publicity by letting us know what you are organising.
Please complete the details below and fax to 020 7793 8484**

Name & address of school:.....

.....

Details of activities during British Food Fortnight:.....

This image shows a full page of white paper with ten horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and extend across the entire width of the page. There is no text or other markings on the paper.

Dates & Times:

Contact details for further information:.....

Daytime phone