

The Importance of a Good School Food Culture

What Next: Additional Resources and Further Reading

Teacher Training

Children's Food Trust (<http://bit.ly/1nhVkVr>): a suite of training courses and resources to help teachers and schools improve their food culture and provision

Food Teaching in Schools: a Framework of Knowledge and Skills. Prepared by British Nutrition Foundation (BNF) for Public Health England (PHE)

Primary Schools (<https://www.gov.uk/government/publications/food-teaching-in-primary-schools-knowledge-and-skills-framework>)

Secondary Schools (<https://www.gov.uk/government/publications/food-teaching-in-primary-schools-knowledge-and-skills-framework>)

Focus on Food (<http://www.focusonfood.org/>): offering teaching, training, resources and support to help schools, individuals and communities benefit from hands-on practical cooking sessions

Food Teachers Centre (<http://foodteacherscentre.co.uk>): platform to exchange best practice, give advice and support to less experienced teachers about food teaching, and answering practical concerns.

School Food Matters (<http://www.schoolfoodmatters.com>): home to a variety of useful resources, including cooking and growing ideas, as well as opportunities to receive training in school

Food Teacher Professional Portfolio (<http://bit.ly/1PYnoJk>): for teachers, at all stages of their careers, to audit, plan, organise and record their professional development.

Teaching Resources

What Works Well (<http://whatworkswell.schoolfoodplan.com/>): a collection of the best examples and ideas for delivering great food and food education in schools

C4L School Zone (<https://campaignresources.phe.gov.uk/schools>): PHE-sponsored healthy eating resources, including to 'food detectives' materials to support the 'Sugar Smart' campaign

Jamie Oliver's Kitchen Garden Project (<http://www.jamieskitchengarden.org/>): an online community hosting over 400 simple and beautiful teaching resources ranging from Jamie Oliver children's recipes to lesson plans, tips, fact sheets, nutrition information, posters and more

The Core Competence Framework (<http://bit.ly/1KfgNrk>): essential skills and knowledge around Diet, Consumer Awareness, Cooking, Food Safety and Active Lifestyles

Food for Life (<http://www.foodforlife.org.uk/schools>): a range of resources, including awards packages to support schools through any changes to improve their school food culture

Food a Fact of Life (<http://www.foodafactoflife.org.uk/>): a wealth of free resources from the British Nutrition Foundation about healthy eating, cooking, food and farming for children and young people aged 3 to 18 years.

The Food Forum (<http://www.foodforum.org.uk/curriculum/index.shtml>): various food-related resources for teachers (and parents)

Food route: a journey through food (<http://bit.ly/1ARyUkg>): a range of age-appropriate resources to help young people to gain food and active lifestyle related skills and knowledge



The Natural Hydration Council (<https://www.nutrition.org.uk/foodinschools/teachercentre.html>): useful resources about water and health

Design and Technology Association (<https://www.data.org.uk/>): provides an outline programme of study for Cooking and Nutrition, a progression framework for KS1-3 and assessment guidance

Countryside Classroom (<http://www.countrysideclassroom.org.uk>): range of resources to connect food, farming and the natural environment

Practical Cooking Skills

Fun Kitchen (<http://www.funkitchen.co.uk/learning-with-our-childrens-holiday-cookery-classes-in-exeter-1>): food cookery class workshops and recipes for children and adults to learn new practical cooking skills

Chefs Adopt a School (<http://www.chefsadoptaschool.org.uk>): a national team of trained chefs and volunteers who deliver a holistic food education in schools all over the country

Let's Get Cooking (<http://www.childrensfoodtrust.org.uk/lets-get-cooking-at-home/>): a large collection of recipes appropriate for children/families. Members have access to skills videos, practical guidance and session plans

Times Education Supplement (<https://www.tes.com/resource-collections/Food-education-6412605>): food education guidance and inspiration to coincide with the new curriculum for food education, including: recipe sheets and booklets

Catering Health Online (<https://www.nutrition.org.uk/online-training-sp-221.html>): online BNF course to provide caterers, food service providers and catering students with the skills and knowledge they need to offer creative and healthier menus

Food Provision

The Lunchtime Experience (<http://bit.ly/1ZTeUnS>): tips on the What Works Well website to deliver a positive lunchtime experience

Magic Breakfast (<http://www.magicbreakfast.com/>): providing free, nutritious breakfasts to over 480 schools and 23,500 children each morning

Holiday Hunger Report (<http://bit.ly/1QqZzqf>): a report from the All Parliamentary Group on School Food on the issue of holiday hunger amongst children

The Government Buying Standards (<http://bit.ly/1E5M4dh>): a set of government procurement standards which emphasise the importance of criteria other than cost

A Plan for Public Procurement (Food and Catering) (<http://bit.ly/1UqSyZm>): a balanced scorecard for those procuring food and/or catering services within the public sector. Includes techniques for incorporating criteria, other than cost, into tender evaluations

School Food Policy

The School Food Plan (<http://www.schoolfoodplan.com/>): 17 actions to improve the whole school food environment. Further documents and resources are available in the SFP Library.

School Food Standards (<http://www.schoolfoodplan.com/school-food-standards/>): voluntary sign-up for academies formed between June 2010 and September 2014

Creating Tools for Practice: Food and the Self-evaluating School (<http://bit.ly/1IT3eUN>): a clear, systematic process to support schools in self-evaluating and developing their food practices, efficiently and cost effectively from the University of Sheffield, School of Education



Good Food for Small Schools - A Practical Toolkit (<http://bit.ly/1SKvXJJ>): a toolkit from LACA and the Children's Food trust providing practical advice to help small schools improve their food culture

Packed Lunch Policy Template (<http://bit.ly/1RD74wy>): from the Children's Food Trust. Includes suggested headings for the policy, and examples of the types of information that can be included in each section

Various template resources (<http://bit.ly/1WTeux5>): from the Leeds Health and Wellbeing Service, including a detailed packed lunch guidance leaflet

Croydon Whole School Food Policy template (<http://bit.ly/1TO8JBH>): to help ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

St Luke's Primary Whole School Food Policy (<http://bit.ly/1Riyxkt>): developed using School Self Evaluation questionnaires, Open Evenings, periodic ESS Road Shows and staff INSET days, alongside informal discussions with staff, pupils, parents and governors

Campaigns And Awareness Raising

Food Revolution Day (<http://www.foodrevolutionday.com/campaign/>): a campaign led by Jamie Oliver for global practical food education for all children. Includes a number of resources, recipes and lesson plans for teachers

Let's Get Sugar Smart (<https://www.nhs.uk/change4life-beta/campaigns/sugar-smart/home>): a campaign from Change 4 Life to raise awareness about the amount of added sugar in everyday foods. Includes the 'food detectives' series of lesson plans and resources for teachers as well as the 'sugar smart' app.

The Big Cookathon (<http://www.childrensfoodtrust.org.uk/lets-get-cooking-at-home/big-cookathon/>): an annual event from the Children's Food Trust to get the nation cooking

National School Meals Week (<http://www.thegreatschoolslunch.co.uk/>): an annual week-long event from LACA to celebrate all that is great about school food

Healthy Eating Week (<http://www.foodafactoflife.org.uk/section.aspx?sectionId=114>): an annual week-long event from the British Nutrition Foundation in which schools are encouraged to run whole school food and health activities

The Crunch (<https://thecrunch.wellcome.ac.uk/the-crunch>): an exciting year of activities, experiences and discussions about our food, our health and our planet, delivered by the Wellcome Trust.

Awards and Accreditation

The Food for Life Catering Mark (<http://www.sacert.org/catering>): an independent endorsement that food providers are taking steps to improve the food they serve

Healthy Schools Programmes (<http://www.healthyschoolslondon.org.uk>): local and regional schemes to recognise and reward those schools taking steps to help children make healthy choices and lead healthy and active lifestyles

Children's Food Trust Excellence Award (<http://www.childrensfoodtrust.org.uk/childrens-food-trust/what-we-do/award/>): a great way to showcase commitment to children's nutrition. Reviews things such as: menus, how you give children the time, space and facilities they need to enjoy their food and the chances you're giving them to start their own cooking journey.



Further Reading

The link between pupil health and wellbeing and attainment (<http://bit.ly/1pIIXST>): a Public Health England briefing for head teachers, governors and staff in education settings

PHE Eatwell Guide (<https://www.gov.uk/government/publications/the-eatwell-guide>): national guidance that defines the government's recommendations on healthy diets

NHS Live Well Choices (<http://www.nhs.uk/livewell/goodfood/Pages/Goodfoodhome.aspx>): a host of useful articles on various food and health related subjects, including eating a balanced diet, understanding food labelling and advice for parents with overweight children

National Obesity Observatory (http://www.noo.org.uk/slide_sets): a part of PHE producing guidance, tools and useful summaries of current obesity levels. Includes the child weight data factsheet and the slides on 'making the case for tackling obesity'

The National Child Measurement Programme (<http://www.hscic.gov.uk/ncmp>): an internationally recognised annual measure of the height and weight of children in reception class (aged 4 to 5 years) and year 6 (aged 10 to 11 years) to assess overweight and obesity levels in children within primary schools.

Children's Dental Health Survey (2013) (<http://www.hscic.gov.uk/catalogue/PUB17137/CDHS2013-Executive-Summary.pdf>): the statistics to support the levels of dental decay in children from 5-15 years old

The academic paper summarising the link between pupil fruit and vegetable growing and levels of consumption (<http://onlinelibrary.wiley.com/doi/10.1111/apa.13028/abstract>)

The Daily Mail article commenting on the link between pupil fruit and vegetable growing and subsequent levels of consumption (<http://www.dailymail.co.uk/sciencetech/article-3083454/Sowing-seeds-healthy-eating-Children-grow-veg-FIVE-times-likely-eat-them.html>)

Evidence for food preferences and eating habits forming during childhood (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2678872/>)

Eight Tips for Healthy Eating (<http://www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx>): advice from the NHS on top tips to eat healthy

Length of Lunch and Fruit and Veg Consumption (<http://www.ncbi.nlm.nih.gov/pubmed/26372337>): study demonstrating the link between a longer lunch and increased fruit and vegetable intake amongst pupils

Ending Childhood Obesity (Jan 2016) (<http://www.who.int/end-childhood-obesity/news/launch-final-report/en/>): A report from the WHO with 6 main recommendations to end childhood obesity; including focusing on childhood diet and physical activity

Evans C, Greenwood D, Thomas J, Cade J (<http://eprints.whiterose.ac.uk/79612/2/greenwood16.pdf>): the survey of children's packed lunches which demonstrated that only 1% meet the nutritional standards for school food

Hart, C.S. (2016): The School Food Plan and the Social Context of Food in Schools, *Cambridge Journal of Education*, 46:2.

