



Food competences

'helping young people to choose,
cook and eat safe healthy food'



FOOD
STANDARDS
AGENCY

Food competences

Food competences can help young people gain a consistent set of food skills and knowledge by the ages of 7-9, 11-12, 14 and 16+.

Building blocks focus on:

- diet and health
- consumer awareness
- cooking
- food safety

For more information about the Food Standards Agency's work with schools, visit: food.gov.uk/schools

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