

# School-based food initiatives





# School-based food initiatives

May 2006



# Contents

■ Introduction	3
■ <b>Getting to Grips with Grub:</b> Food and nutrition competencies	4
■ <i>The role of school governors:</i> A whole-school approach	5
■ <b>Cook It!:</b> Out-of-school-hours learning cookery clubs for 11–14 year olds	6
■ <b>Food Standards Agency Cooking Bus:</b> Delivering practical food skills to schools	7
■ <b>Get Cooking:</b> Online toolkit for young people	8
■ <b>Bad Food Live!:</b> Good practice in food hygiene	9
■ <b>Dish it Up!:</b> A multimedia interactive CD-ROM to motivate 11–12 year olds to eat healthily	10
■ <b>Five-a-Day the Bash Street Way:</b> Promoting fruit and vegetable consumption among 7–11 year olds	11
■ <b>Eat Smart, Play Smart:</b> Promoting healthy diets and physical activity among 5–7 year olds	12
■ <b>Gimme 5:</b> Bilingual interactive health messages for 11–14 year olds	13
■ Uncle Arthur's Barbecue story and associated teaching resources	14
■ Resource trailer for food-based activities	15
■ <b>Safe T &amp; the H Squad:</b> Food hygiene for 5–11 year olds	16
■ <b>Aliens in our Food:</b> Supporting food hygiene for 11–14 year olds	17
■ <b>Mission: Possible!:</b> Food hygiene for 8–10 year olds	18
■ foodlink food hygiene annual poster competition	19
■ Food hygiene annual school poster competition	20
■ Home Economics Teachers' Annual Conference	21
■ <b>Fruit tuck shops in primary schools:</b> Running them effectively	22
■ <b>Vending healthy drinks in schools:</b> Making it economically viable	23
■ <b>School packed lunch surveys:</b> Promoting healthier packed lunches	24
■ School food across the UK	25

■ <b>Starting Early:</b> Survey of food-related good practice in schools	27
■ <b>Ofsted themed inspections:</b> Whole-school approaches to healthy eating	28
■ Local Authority grants to promote food hygiene	29
■ Food hygiene and healthy eating project with Aberdeen Football Club	30
■ <b>Healthy Nosh for Less Dosh:</b> Buying and cooking healthy food on a budget	31
■ Promoting healthy eating habits among low income and minority ethnic young people	32
■ <b>Healthy Lifestyle Challenge:</b> Engaging children, young people and their families in a challenge to improve their health	33
■ Further information on food and nutrition in schools	34

## Introduction

We hope that you can make use of some of the wealth of activities that the Food Standards Agency has undertaken to support your work on food and diet in schools and communities around the UK.

The Agency is committed to improving the nation's health through food and diet. We want to:

- encourage consumers to choose a healthy diet
- make healthy eating the easier option
- help to reduce diet-related diseases and foodborne illnesses

One way in which we do this is by helping to influence the eating habits of the next generation. A key contributor to this is working with other Government departments to encourage all schools, who have not already done so, to adopt a whole-school approach to food. This involves everyone in the school and embeds food skills and knowledge in both the curriculum and extra-curricular activities.

To this end, we have provided summaries of ongoing and completed projects designed to help pupils, parents, teachers and others who influence the food choices of children and young people. By working together, we can promote healthier lifestyles now as well as better health in the future.

Helping young people to gain the life skills and knowledge they need to live a healthier lifestyle is important, and the projects detailed here can help them to:

- create a better understanding about the relationship between **diet and health**
- increase **consumer awareness** and make it easier to make informed choices about food and diet
- prepare healthy meals through **safe food handling and preparation**
- become more aware of **food hygiene and safety**

A simple key, at the bottom of each summary, illustrates which of the four themes each project supports. The key also indicates whether the initiative is for primary or secondary schools, and whether it is intended to enhance knowledge or skills. This can help you decide whether the project is suitable for you and whether it fits in with your whole-school approach to food.

The Agency's activities also help to support the work of other UK Government departments in this area.

We hope these projects will help support your work with schools, children and young people, both within and outside curricular activities.

## Getting to Grips with Grub: Food and nutrition competencies

Do the 14–16 year olds you work with:

- know what a healthy balanced diet is and how to achieve or maintain a healthy body weight?
- know about the comparative cost of different foods and preparation and cooking methods?
- have the practical capability to be able to prepare and cook a variety of dishes to achieve a healthy diet?
- know about and understand the principles of food safety?

These are just some of the competencies that a cross-Government group, brought together by the Food Standards Agency, agreed that young people should have achieved by this age both through the curriculum and outside school.

The Agency believes that, if young people are to eat more healthily, they need to understand what constitutes a healthy diet and have the practical skills to put this knowledge into practice. The cross-Government group, therefore, developed a set of core competencies for food and nutrition knowledge and skills called *Getting to Grips with Grub*. These core competencies are grouped under the following themes:

- diet and health
- consumer awareness
- food preparation and handling skills
- food hygiene and safety

The full list of competencies that fall into these themes can be found in the full report at the link given below.

Qualitative research showed that 14–16 year olds had a broad sense of the key constituents of a healthy diet. They did not, however, assess their own diets in the context of nutritional recommendations and had little knowledge of what constitutes a healthy weight. They were aware of basic food safety rules, but many failed to observe them in practice. Lack of experience in choosing food to eat at home was evident, and overall meals were more likely to be put together from prepared components than cooked ‘from scratch’. The full report of the research is available on the Agency website at:

**[www.food.gov.uk/multimedia/pdfs/competencyevaluation.pdf](http://www.food.gov.uk/multimedia/pdfs/competencyevaluation.pdf)**

The competencies were also the subject of discussion with teachers at a joint Agency/Design and Technology Association workshop in November 2003. Calls to action on a number of issues were raised, including development of a national food education strategy, promotion of clear messages, and identification of resources to support teachers. The proceedings are available at:

**[www.food.gov.uk/multimedia/pdfs/ggresearchpaper20.pdf](http://www.food.gov.uk/multimedia/pdfs/ggresearchpaper20.pdf)**

Work is now underway by the Qualifications and Curriculum Authority to ensure that nutrition is a key element in the current specifications for GCSE food courses. In particular, they are looking at content in relation to *Getting to Grips with Grub* competencies.

## The role of school governors: A whole-school approach

Governing bodies have an important role to play in supporting a whole-school approach. With this in mind, the Food Standards Agency worked with the National Governors' Council (NGC) in 2003 to develop and disseminate an information pack and survey questionnaire to school governors.

The pack contained a variety of information on food and nutrition, including salt targets for children and young people as well as the Agency's packed lunch survey and packed lunch menu suggestions. A range of issues was presented in checklist form to school governors in order to stimulate discussion with governing bodies.

The report of this work is available on the Agency's website at:

**[www.food.gov.uk/multimedia/pdfs/ngcreport.pdf](http://www.food.gov.uk/multimedia/pdfs/ngcreport.pdf)** More information about the NGC can be found at: **[www.ngc.org.uk](http://www.ngc.org.uk)**

Governors responded enthusiastically and the Agency and the NGC jointly developed a *Strategic policy framework* for governing bodies, which leads governors step-by-step through actions they can take to encourage their school to adopt a whole-school approach to food and nutrition. The framework details individual policy areas such as breakfast clubs, tuckshops and school lunches. It links to the Department of Health/Department for Education and Skills (DfES) *Food in Schools Toolkit* for teachers.

Governors agreed that schools should have policies in place to provide healthier food choices and to promote healthy eating. However, far fewer reported that they actually played a role as a governing body in developing or monitoring such policies. They reported that they lacked the necessary information and were unclear about their strategic role.

The framework was launched on 15 June 2005 at the Annual Joint Conference on Governance, and was welcomed by Jacqui Smith, the Schools Minister. Hard copies of the framework were distributed to all conference delegates and are available from the NGC, which is also promoting it to governors. A pdf version is available on the NGC website and on the Agency website at:

**[www.food.gov.uk/multimedia/pdfs/foodpolicygoverning.pdf](http://www.food.gov.uk/multimedia/pdfs/foodpolicygoverning.pdf)** The Agency and the NGC will consider revising the framework to take account of the school lunch/food standards.

## **Cook It!: Out-of-school-hours learning cookery clubs for 11–14 year olds**

Encompassing all four of the competency themes identified in the *Getting to Grips with Grub* research (see page 4), *Cook It!* clubs cover a range of knowledge and skills such as budgeting for food, meal planning, shopping, reading food labels, hygienic food preparation and practical cookery.

The *Cook It!* project was piloted and evaluated in ten out-of-school-hours cookery clubs in two local education authorities – Stockton and North Tyneside – with lower secondary school-aged children and finished mid-January 2005. The schemes helped form good links with other relevant organisations and professionals in the community. Teachers as well as other interested adults were involved in the delivery of the cookery clubs. Each scheme offered activities on a weekly basis, with some activities at weekends or in holiday periods.

Evaluation showed that, overall, *Cook It!* was successful in increasing young people's knowledge and awareness of the four competencies identified by the Agency. The level of impact differed, however, with the greatest impact being seen for 'diet and health' and a lesser impact for 'consumer awareness'.

Cookery clubs were more effective in schools that already have a healthy eating policy. This ensures that the healthy eating/lifestyle messages are sustained throughout the school day, rather than being seen in isolation.

Very few clubs undertook direct activities with parents/carers; instead, most relied on students passing on messages to their parents/carers. Despite this, many young people claimed that they had influenced parental/carer behaviour as they are now purchasing and eating healthier food, are buying fewer takeaways and are more aware of food hygiene.

*Cook It!* is now being rolled out across 100 secondary schools in the North-East Government office region in England. The main objective is to help schools secure sustainable schemes. FSA Scotland, in partnership with the Scottish Health Promoting Schools Unit (SHPSU), is printing a Scottish version of the *Cook It!* booklet with a view to rolling out this project in Scotland.

A 'How to' guide, based on the results of the pilots with practical advice to members of local communities and teachers who wish to set up their own *Cook It!* clubs, was produced. It covers:

- getting funding
- promoting the club
- training and supporting staff and volunteers
- engaging the school, youth groups and the local community
- involving local people, including local businesses

The *Cook It!* guide provides a complementary approach to that tested in the Department for Education and Skills/Department of Health joint Food in Schools (FiS) initiative. The guide is downloadable in pdf form at: [www.food.gov.uk/multimedia/pdfs/cookit.pdf](http://www.food.gov.uk/multimedia/pdfs/cookit.pdf)

There is also a Welsh language version:

[www.continyou.org.uk/uploads/documents/doc\\_632.pdf](http://www.continyou.org.uk/uploads/documents/doc_632.pdf)

## **Food Standards Agency Cooking Bus: Delivering practical food skills to schools**

The *Food Standards Agency Cooking Bus* has been developed in partnership with the Focus on Food Campaign to convey healthy eating and food safety messages in an engaging way. It works with school staff to inspire children and highlight the importance of food education while supporting the curriculum and the teachers' own work objectives.

All *Cooking Bus* workshops are hands-on events making finished food dishes – such as summer fruit parcels, cheesy tuna jacket potatoes, and banana and strawberry milkshakes – to



either eat at once or take home. It's not only the pupils who benefit, since the *Cooking Bus* also passes on teaching strategies and advice about equipment, and provides the opportunity for teachers to discuss what can be done with limited resources. Staff training sessions also mean that the lessons learned on the bus can be sustained after it has moved on.

The bus has focused on visiting socially deprived areas all over the country including Birmingham, Great Yarmouth, London, Manchester, Merseyside, Nottingham, Plymouth and Sunderland, with more to follow in 2006. Since its launch in October 2003, the Agency's *Cooking Bus* has visited over 80 schools and projects, taught cooking skills to over 9,000 pupils, and trained approximately 1,500 teachers. To date, two pieces of qualitative research have been carried out in which the activities of the bus were found to be well-received by pupils and teachers alike.

To find out more about the bus visit [www.food.gov.uk/bus](http://www.food.gov.uk/bus)

Primary

Secondary

Whole school

Knowledge

Skills

Diet and health

Consumer awareness

Food handling and preparation

Food hygiene

## **Get Cooking:** Online toolkit for young people

*Get Cooking* is an online toolkit developed for those wishing to teach young people between the ages of 14 and 25 a basic understanding of food preparation and cooking, food hygiene and healthy eating. The six-week course aims to help young people feel more motivated about cooking for themselves and their friends, and have a better understanding of the importance of both eating a healthy balanced diet and food hygiene.

The toolkit comprises a colourful and comprehensive trainer's guide including 30 easy-to-follow recipe cards. As well as standard ingredients and method, the recipe cards also include nutrition information and comprehensive tips on healthy eating, budgeting and food safety for that particular dish. The trainer's guide sets out the structure of the course and identifies the equipment and ingredients that will be required. Supplementary activities such as quizzes are also included to reinforce the messages covered in the toolkit.

The course has been designed to be easy to use, flexible and comprehensive. It guides the leader step-by-step through each of the areas to be covered. The toolkit can be used in its entirety to deliver a six-week course or parts can be used to support existing schemes of work.

The toolkit has been launched following a developmental phase that included two pilots commissioned by FSA Wales with the participation of the National Federation of Women's Institute Wales and the Wales Youth Agency. Both pilots were independently evaluated and it was concluded that *Get Cooking* is a useful tool as part of a range of interventions around promoting healthy eating and food safety amongst young people. A feedback form is part of the toolkit and users' comments will contribute towards a formal evaluation that is expected to be undertaken within the next two years.

The *Get Cooking* toolkit is available to download in both English and Welsh at:

**[www.food.gov.uk/multimedia/webpage/getcookingwelsh](http://www.food.gov.uk/multimedia/webpage/getcookingwelsh)**

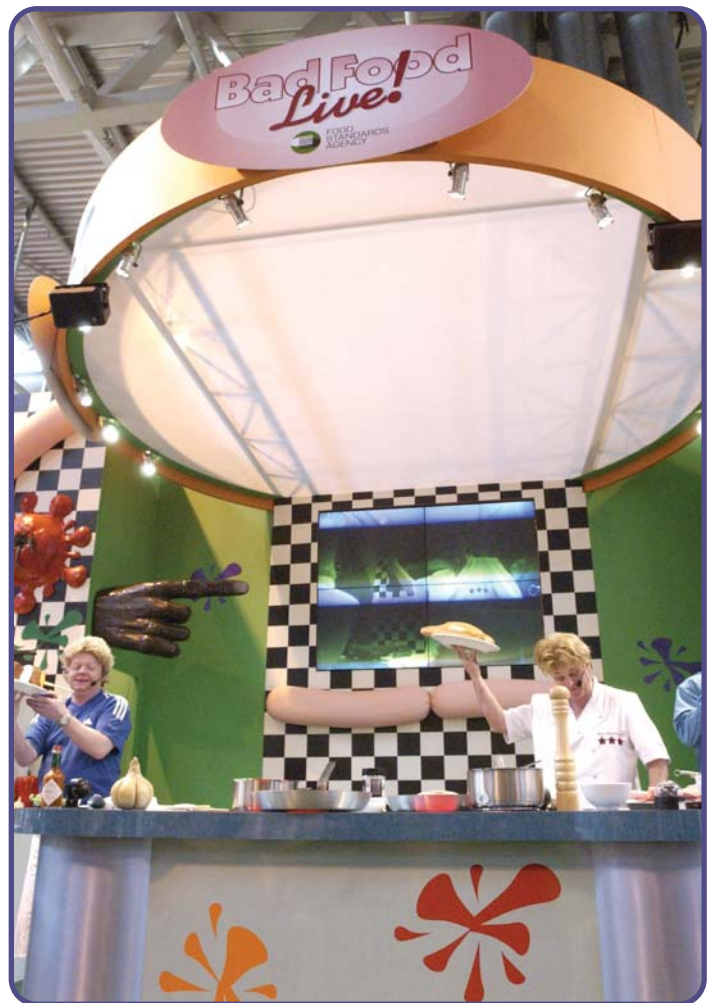
**[www.food.gov.uk/wales/nutwales/getcooking](http://www.food.gov.uk/wales/nutwales/getcooking)**

## ***Bad Food Live!*** Good practice in food hygiene

*Bad Food Live!* encourages good food hygiene practices among consumers and the catering industry, and raises awareness of how to prevent food poisoning. Spoof celebrity cooks, Richie Twist and Bernard Le Blanc, demonstrate how not to cook when they haphazardly compete against each other in what they believe to be a serious cooking competition. In reality they are being scrutinised by the audience and show presenter for food hygiene and safety errors.

The spoof show was successfully staged at the BBC Good Food Show in 2001. This live presentation was also staged at the BBC Good Food Show in 2002, 2003 and 2004. In 2001, over 4,000 members of the public saw the show over five days. This raised awareness of the link between food hygiene and food poisoning and measures that can be used to prevent it. Subsequent years drew even larger crowds.

Based on the success of the 2001 event, a 20-minute video, together with a resource pack, was developed for primary and secondary school teachers. It is aimed at 7–14 year olds and helps teachers convey basic food hygiene messages, from the importance of handwashing to cooking and chilling food properly. The education pack that accompanies the video contains a series of teaching notes, background information, photocopiable activity sheets and suggestions for related activities. The materials are aimed at a range of ability levels. Teaching food hygiene fits into the PSHE and Citizenship curriculum at Key Stages 2 and 3, 'developing a healthy, safer lifestyle'.



Over 6,000 copies of the teaching video pack have been distributed to schools and feedback from returned evaluation forms has been very positive. Teachers can obtain a free copy of the video, by contacting Food Standards Agency Publications quoting reference: FSA/0845/0903, tel: 0845 606 0667 or email: [foodstandards@ecgroup.co.uk](mailto:foodstandards@ecgroup.co.uk).

Primary <input checked="" type="checkbox"/>	Secondary <input checked="" type="checkbox"/>	Whole school <input type="checkbox"/>	Knowledge <input checked="" type="checkbox"/>	Skills <input checked="" type="checkbox"/>
Diet and health <input type="checkbox"/>	Consumer awareness <input type="checkbox"/>	Food handling and preparation <input checked="" type="checkbox"/>	Food hygiene <input checked="" type="checkbox"/>	

## Dish it Up!: A multimedia interactive CD-ROM to motivate 11–12 year olds to eat healthily

Promoting autonomy, decision-making skills and self-esteem, *Dish it Up!* is a multimedia CD-ROM that aims to motivate 11–12 year olds to make positive eating choices and develop healthy eating behaviour. There are six interactive episodes, which include a number of games, quizzes and other interactive elements that are designed to be fun and educational.



**Figure 1: The 'balance-a-tron'**

The pupil is invited to enter into a diary all food and drink consumed in a day. This is analysed and the results shown by a 'balance-a-tron' based on the BOGH.

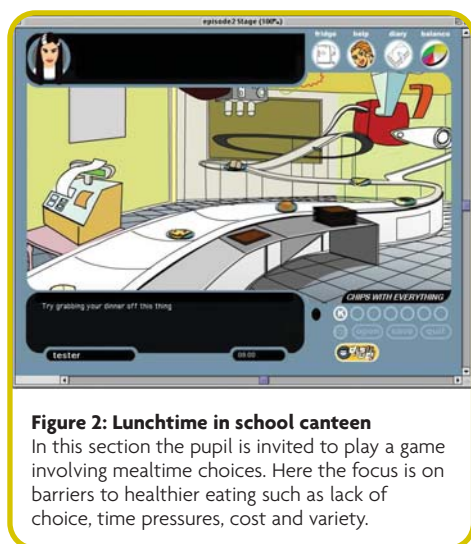
*Dish it Up!* takes pupils through a 'virtual' day, which provides personally relevant situations, environments and dilemmas with respect to food. It provides insights, information and understanding on food-related issues including food shopping, peer pressure, physical activity and misconceptions about food and diets, as well as advice about healthy choices for breakfast, snacks and school lunches.

An 'animated' fridge is packed with factual information about food, diet and health. There is also a food diary that uses a 'balance-a-tron' to analyse everything the pupil chooses to eat during either a virtual day or a real day, and then give feedback based on the Balance of Good Health (BOGH) plate model.

The BOGH is a pictorial representation of the recommended proportions of foods in the diet. Copies of the BOGH leaflet or poster are available free from Food Standards Agency Publications. See 'Further information on food and nutrition' on page 34.

There are accompanying teacher notes and suggested curriculum links. Teachers of Key Stage 3 (P7–S2 in Scotland) should find this tool useful across a range of curricular areas such as food technology; home economics; personal, social and health education; and science and information technology.

Analysis of pre- and post-intervention questionnaires showed a significant improvement in nutrition knowledge, but no change in nutrition attitudes, for the intervention compared with the control groups. There was some indication that the intervention group had changed its behaviour with respect to sweets and crisps (decreased intake) and fruit (increased intake).



**Figure 2: Lunchtime in school canteen**

In this section the pupil is invited to play a game involving mealtime choices. Here the focus is on barriers to healthier eating such as lack of choice, time pressures, cost and variety.

Work is in progress to update the healthy eating elements including the addition of food hygiene and food allergy messages.

You can obtain copies of *Dish it Up!* from Food Standards Agency Publications. See 'Further information on food and nutrition' on page 34. You may copy these CD-ROMs for use with and to give to young people (subject to Agency copyright, which states that the CD-ROM may not be changed in any way and copies may not be sold).

## Five-a-Day the Bash Street Way: Promoting fruit and vegetable consumption among 7–11 year olds

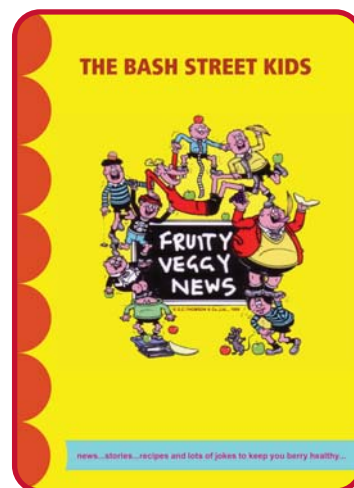
Using the Bash Street Kids comic characters to engage children in tasting, writing about, and preparing fruit and vegetables, this pilot project tested the efficacy of a whole-school approach to encourage primary school children to eat more fruit and vegetables.

The programme increased provision of fruit and vegetables in schools, through tuck shops, school lunches and curriculum materials focusing on practical food preparation and tasting. More than 500 children in two primary schools in Dundee were involved in the project. They were encouraged to do hands-on activities and written work, watch videos, use self-monitoring materials and read story books to stimulate their interest in fruit and vegetables.

After the project, the 500 children had increased their fruit consumption per day compared to 464 children from other schools not taking part. The increase was modest but significant. The children's positive attitudes to, and knowledge of, fruit and vegetables also increased.

Material developed for the intervention based on the Bash Street Kids cartoon characters has been adapted for wider use by teachers and is available on the Food Standards Agency's website at:

[www.food.gov.uk/interactivetools/educational/bashstreetdiet](http://www.food.gov.uk/interactivetools/educational/bashstreetdiet)



Primary

Secondary

Whole school

Knowledge

Skills

Diet and health

Consumer awareness

Food handling and preparation

Food hygiene

## ***Eat Smart, Play Smart:* Promoting healthy diets and physical activity among 5–7 year olds**

*Eat Smart, Play Smart* is a Food Standards Agency teaching resource developed for primary school teachers throughout the UK to use with children aged 5–7 years. The materials have been designed to engage children's interest in healthier food choices and in keeping active, giving them important guidance to promote healthier lifestyles.

*Eat Smart, Play Smart* tested four different approaches by allocating children to one of four lunchtime clubs:

- nutrition group (*Eat Smart*)
- physical activity group (*Play Smart*)
- combined nutrition and physical activity group (*Eat Smart, Play Smart*)
- control group (*Be Smart*)

Assessments were repeated at the end of the intervention period and analysed for any changes. Both the physical activity and nutrition components had a positive outcome.

The Agency has adapted some of the materials for use with children aged 5–7 years and these are available on the Agency's website at:

**[www.food.gov.uk/healthiereating/eatsmartplaysmart](http://www.food.gov.uk/healthiereating/eatsmartplaysmart)**

A Welsh language version of the materials is available by emailing:

**[nutritionstrategywales@foodstandards.gsi.gov.uk](mailto:nutritionstrategywales@foodstandards.gsi.gov.uk)**

## ***Gimme 5*: Bilingual interactive health messages for 11–14 year olds**

*Gimme 5* is a bilingual CD-ROM featuring interactive computer games and screen savers intended for children and young people aged 11–14 years. It aims to convey messages about the importance of eating at least five portions of fruit and vegetables a day using a fun and appropriate format for this age group. It is intended to complement the more conventional educational resources used to deliver these messages.

Hero characters, Princess Sugabeat and Alf Alpha, encourage users to maximise their power levels by eating a balanced, healthy diet incorporating plenty of fruit and vegetables. The games include several levels of increasing difficulty through which players progress, thereby reinforcing the messages and making them amenable to repeated use.

The CD-ROM is accompanied by a lively teen-style magazine focusing on the importance of a healthy diet. It includes definitions of portion sizes, case studies, a quiz and healthy eating tips from the world record hurdler and Welsh athlete, Colin Jackson, who has endorsed the project.

The resource was distributed to all secondary schools in Wales and has been used to support activities on the FSA Wales resource trailer and at events involving this age group, aiming to encourage children aged 11–14 years to increase their consumption of fruit and vegetables.

Copies of the CD-ROM are available from FSA Wales, e-mail:

**wales@foodstandards.gsi.gov.uk**, or the games can be accessed on the website at:  
**www.eatwell.gov.uk/info/games**



Primary  Secondary  Whole school  Knowledge  Skills   
Diet and health  Consumer awareness  Food handling and preparation  Food hygiene

## Uncle Arthur's Barbecue story and associated teaching resources

The Uncle Arthur's Barbecue story and associated teaching resources are designed to be used by teachers of Key Stage 1 and 2 pupils to support healthy eating and food safety teaching in the curriculum.

The resources aim to develop pupils' understanding of the importance of both eating a balanced diet and food hygiene, as well as improve their literacy, numeracy, investigative and rhythmic skills.

The resources include comprehensive lesson plans and colourful and fun lesson material, and were developed in partnership with an experienced primary school teacher. The following curriculum areas are covered by the resources: English, Welsh literacy, Maths, Science and Music.

The Uncle Arthur's Barbecue story and the associated teaching resources can be found on the National Grid for Learning (NGfL) Cymru website, designed to provide school teachers in Wales with easy, free access to high quality bilingual teaching resources.

Uptake of the resources is being monitored through the NGfL Cymru system on its website.

The resources are available to download in both English and Welsh at:  
[www.ngfl-cymru.org.uk/vtc/ngfl/fsa/index.html](http://www.ngfl-cymru.org.uk/vtc/ngfl/fsa/index.html)



## Resource trailer for food-based activities

This mobile exhibition and educational resource provides a platform for the delivery of a range of food-based activities. These include live cookery demonstrations and pantomimes together with a range of interactive games.

The aim is to raise awareness of food safety and healthy eating issues with an emphasis on school children and vulnerable groups within the community. It contributes towards developing partnerships with like-minded organisations to deliver information on food and provides food safety and healthy eating messages in an effective way to different groups.

The trailer visits schools and is present at the majority of major public events in Wales including the Royal Welsh and other agricultural shows, Eisteddfodau, and food fairs.

Pantomimes performed include Cinderella, *Bad Food Live!* (see page 9) and Jack and the Baked Beanstalk. Children also get a chance to play food – related games and go on a bacteria hunt with an ultraviolet hand scanner. There are also static displays on healthy eating.

The interactive computer games, which are based on healthy eating and food safety, put to the test the skills and knowledge of adults and children alike. Topics include barbecue cooking, loading a fridge safely, and identifying the food categories making up the balance of good health. For the more knowledgeable visitors an interactive food safety and nutrition quiz raises awareness of the need to eat a healthy diet and to ensure that food is correctly stored, prepared and cooked.

An interactive tour of the trailer, where you can play the interactive computer games, can be viewed on: [www.food.gov.uk/news/newsarchive/2005/aug/trailerwales](http://www.food.gov.uk/news/newsarchive/2005/aug/trailerwales)

Primary  Secondary  Whole school  Knowledge  Skills   
Diet and health  Consumer awareness  Food handling and preparation  Food hygiene

## **Safe T & the H Squad: Food hygiene for 5–11 year olds**

*Safe T & the H Squad* is a teaching pack for 5–11 year olds, supporting the teaching of food hygiene. This resource can be used in subjects including PSE, PSHE, Numeracy, Literacy, Science, Home Economics and Food Technology. It consists of a teacher's guide, curriculum maps, posters on preventing food poisoning, activity sheets and a 'bubbles and slime' board game. It is supported by the food hygiene pages on the Food Standards Agency website: [www.eatwell.gov.uk/keepingfoodsaf](http://www.eatwell.gov.uk/keepingfoodsaf)

The lessons introduce children to:

- bacteria and the causes of food poisoning
- pathogens found on the body and the importance of personal hygiene
- the importance of correct storage (cool/clean/covered)
- handling foods
- the importance of cleaning surfaces

The pack was produced by education and health professionals from across the UK and was pre-tested in schools prior to release. Copies of the resource pack have been sent to all primary schools in Wales in both English and Welsh.

*Safe T & the H Squad* can be found at Food Hygiene Mission Control on the Agency's website at: [www.food.gov.uk/safereating/hygmissioncontrol](http://www.food.gov.uk/safereating/hygmissioncontrol)



## ***Aliens in our Food:*** Supporting food hygiene for 11–14 year olds

*Aliens in our Food* is a teaching pack for 11–14 year olds, supporting the teaching of food hygiene, which can be used in curricula subjects including PSE, PSHE, Design and Technology, Science and Home Economics. The pack consists of a teacher's guide and lesson plans, a CD-ROM and posters on preventing food poisoning. It is supported by the food hygiene pages on the Food Standards Agency's website:

**[www.eatwell.gov.uk/keepingfoodsafef](http://www.eatwell.gov.uk/keepingfoodsafef)**

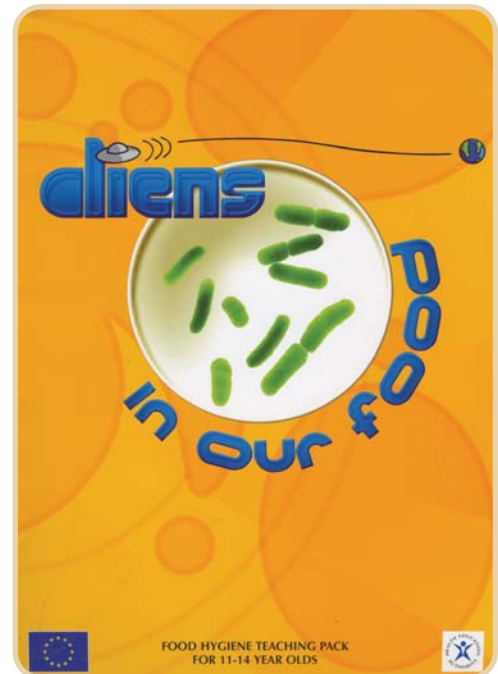
The resource covers a range of important food hygiene messages and provides a useful and interesting platform for teachers to use in their lessons. It contains many interactive tasks for children and young people to help start them thinking about food hygiene. Individual lesson plans introduce pupils to:

- important groups of micro-organisms responsible for food poisoning
- identification of risks and foods associated with pathogens
- factors that affect the growth of micro-organisms
- an understanding of the importance of safe food preparation
- the importance of cleaning, cooking, chilling (and fridge temperatures) and avoiding cross-contamination

The resource was produced with education and health professionals from across the UK and pre-tested in schools throughout the UK. The pack and CD-ROM were sent to all secondary schools in Wales in both English and Welsh.

*Aliens in our Food* can be found at Food Hygiene Mission Control on the Agency's website at:

**[www.food.gov.uk/safereating/hygmissioncontrol](http://www.food.gov.uk/safereating/hygmissioncontrol)**



Primary  Secondary  Whole school  Knowledge  Skills   
Diet and health  Consumer awareness  Food handling and preparation  Food hygiene

## ***Mission: Possible!*** Food hygiene for 8–10 year olds

*Mission: Possible!* is an innovative scheme where children take on the role of a secret agent to track down facts about food hygiene. Aimed at primary school children aged 8–10 years, *Mission: Possible!* brings food hygiene education to children both in and out of the classroom. Classroom-based work consists of teaching packs and a range of training resources for classroom activities. Out of the classroom children are given a 'secret agent kit' to take home over the weekend in order to carry out experiments in their own kitchens such as checking fridge temperatures and looking for cross-contamination.

The 'secret agent' theme is followed throughout the project and has been key to the enthusiasm with which it has been received.

*Mission: Possible!* was developed by Wyre Borough Council and was delivered to 15 schools and 700 children in the Wyre and Blackpool area in the latter part of 2003. The scheme has been supported by Wyre Borough Council and was very well received by schools, pupils and parents. *Mission: Possible!* won the **foodlink** National Food Safety Communications award 2003, which recognises excellence, creativity and innovation in food safety communication.

The original project was fully evaluated as part of the grant scheme process and, as a result, the Food Standards Agency intends to roll this out further through the development of an Agency *Mission: Possible!*. See: [www.food.gov.uk/safereating/hygmissioncontrol](http://www.food.gov.uk/safereating/hygmissioncontrol)

## foodlink food hygiene annual poster competition

The Food Standards Agency provides support for the Food and Drink Federation's foodlink initiative to promote good food hygiene. Part of the initiative is an annual poster competition for schools with three age categories: 7 years and under, 8–11 years and 12 and over. Entries from special needs students are encouraged. The competition, which has run since 2000, received entries from over 1,000 schools in the UK in 2005.

Schools are invited to take part in the annual foodlink food safety poster competition. The activity can be used to complement curriculum work in a variety of areas including Food Technology, Home Economics, PSHE and PSD. This is an excellent opportunity to:

- raise awareness of good food safety practice in fun, innovative and attention-grabbing ways
- take part in a high profile national initiative
- win a cash prize for your school

Posters should illustrate the chosen food safety theme for the year. In 2006, this is 'Remember the 4Cs for Food Safety: Cleanliness, Cooking, Chilling and Cross-contamination'. Topics from previous years have included handwashing and each of the 4Cs separately.

The winning entrant in each age category receives £100 in vouchers, and their school will receive £500 to spend on food technology equipment. All entrants receive Certificates of Commendation and winners are invited to a prize-giving event in London. The winning posters will be used widely in promotional work for National Food Safety Week (each June) and are featured in the foodlink wall calendar.

Further details can be found at [www.foodlink.org.uk/poster.asp](http://www.foodlink.org.uk/poster.asp)

Primary  Secondary  Whole school  Knowledge  Skills   
Diet and health  Consumer awareness  Food handling and preparation  Food hygiene

## Food hygiene annual school poster competition

Young people are the consumers of the future and, in recognising this, the Food Standards Agency is keen to help educate them on the importance of good food hygiene practices.

FSA Scotland runs poster competitions each year; these alternate between being aimed at primary school pupils one year and secondary school pupils the next year. Pupils are asked to design a poster based on one of the Agency's 'ten tips for food safety', and prizes are awarded to the winning pupils and schools. This annual competition continues to gain momentum. In 2005, 128 schools participated and sent in over 3,300 entries.

Entries are judged nationally by FSA Scotland and an independent panel of judges on the basis of:

- artistic merit
- originality
- effectiveness in promoting key food hygiene messages

The winning poster is then displayed on advertising panels across Scotland over the Christmas period. The poster competition aims to promote the Agency's ten tips for food safety, which are listed below to school pupils and their families in a fun way. The winning poster design for 2005 is shown below, and this poster, along with 11 other highly commended posters, formed part of FSA Scotland's 2006 calendar. One of the designs was also used as FSA Scotland's 2005 Christmas card.

The ten tips for food safety are:

- Put away chilled and frozen food in your fridge or freezer as soon as you can.
- Prepare and store raw and cooked food separately.
- Keep the coldest part of your fridge at 0–5°C.
- Check 'use by' dates.
- Keep pets away from food, dishes and worktops.
- Wash your hands thoroughly.
- Keep the kitchen clean.
- Vulnerable groups should avoid raw or partially cooked eggs and dishes containing these.
- Make sure food is fully cooked.
- Keep hot food hot and cold food cold.



## Home Economics Teachers' Annual Conference

Food Standards Agency Scotland attends this event annually and presents on a variety of topics. The aim is to direct teachers to the wide variety of resources that are available from the Agency.

For the 2005 conference, two presentations were delivered to 108 Home Economics teachers on the Agency's remit and work. One of the presentations was on the promotion of foods to children (including signpost/traffic light labelling), healthy vending and the salt campaign; and the other presentation was on the Schools' Food Hygiene Education Campaign (including the poster competition), the **eatwell** website and the Healthy Living Food and Health Alliance. Those attending the presentation were provided with gift bags containing the video *Bad Food Live!*, the *Dish it Up!* CD-ROM, a thermometer, soap, promotional furry bugs, pens and leaflets relevant to children and food hygiene in the home. FSA Scotland also set up a stand exhibiting a range of leaflets and schools-oriented material to delegates.

Of the 25% of delegates who responded to feedback questionnaires on resources useful to schools and their ideal format, more than 80% indicated that videos were most effective, although the cost of commercially produced versions was prohibitive given their often short lifespan. CDs, posters, workbooks and slide presentations proved useful tools but this was dependent upon the age of pupils. Visiting speakers, games for special needs pupils and online activities would be welcomed as add-on bonuses. This feedback will provide guidance for future activities in this area.

FSA Scotland will attend the 2006 conference. The presentation will cover key issues in food safety and healthy eating as well as a demonstration of how to access useful resources on the FSA website.

Primary     Secondary     Whole school     Knowledge     Skills   
Diet and health     Consumer awareness     Food handling and preparation     Food hygiene

## **Fruit tucks hops in primary schools: Running them effectively**

The impact of running fruit tuck shops on children's consumption was evaluated in 23 primary schools in Bristol and parts of Wales compared to 20 control schools. All 23 intervention schools set up fruit tuck shops and many schools were very positive about them. In particular, schools identified numerous positive spin-offs from the tuck shops, including benefits for the curriculum, social benefits, community links and litter reduction.

In all schools, fruit sales were high in the first few weeks of operation, but then declined at varying rates over the intervention year. It is estimated that 70,000 pieces of fruit were sold in the 23 intervention schools over the year, but this equates to only 0.046 pieces of fruit per pupil per day. In addition, four schools were no longer running their tuck shops by the end of the intervention year.

While fruit tuck shops by themselves might not impact greatly on children's fruit consumption, they are likely to be a useful component of a more comprehensive whole-school approach to children's nutrition. They also provide an opportunity for children to gain the skills involved with running the tuck shops.

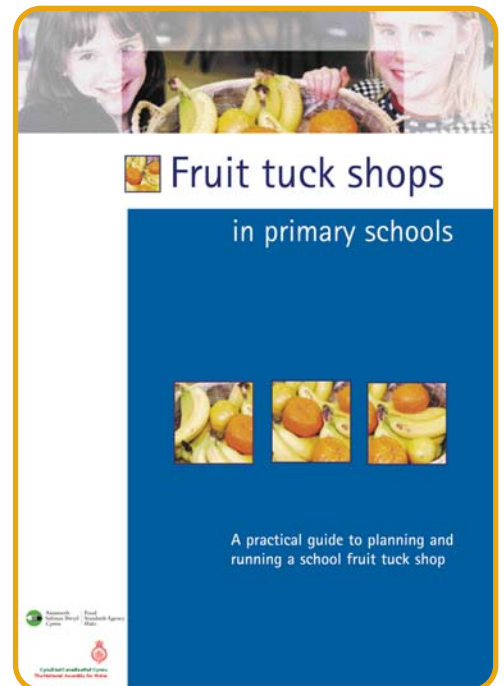
Based on experiences gained during the trial, a booklet was produced for schools on how to set up and run a fruit tuck shop. This booklet is available to download from the Agency's website in English at:

**[www.food.gov.uk/multimedia/pdfs/fruittuckwales.pdf](http://www.food.gov.uk/multimedia/pdfs/fruittuckwales.pdf)**

and in Welsh at:

**[www.food.gov.uk/multimedia/pdfs/fruitwalesw.pdf](http://www.food.gov.uk/multimedia/pdfs/fruitwalesw.pdf)**

The Food Standards Agency booklet was used extensively by the Department of Health's Food in Schools Initiative during their tuck shops' pilot project.



## Vending healthy drinks in schools: Making it economically viable

The Food Standards Agency believes that all schools should have a source of drinking water freely available to all pupils. The addition of vending machines can provide choice and also act as a tool for education about nutrition – what matters is the type of products they contain. A pilot project, commissioned by the Agency in 2003, evaluated the economic viability of healthier drinks vending in secondary schools.

Testing of healthier drinks vending machines, within a whole-school approach, took place in 12 schools in four areas, chosen to reflect both urban and rural locations and to offer an appropriate mix of size, area and socio-economic group. In each school a small working party was set up to include senior management, curriculum staff, catering personnel and representatives from the student council or Schools Nutrition Action Group (SNAG). In the schools completing the project, approximately 70,000 items were sold; in excess of 35% of these were milk or milk products – about 25,000 in under six months.

Results indicate that properly managed, healthier drinks vending in schools can be economically viable. The key to success was found to be involving students in the decision-making about the machine, its products and prices. The more successful schools used a 'whole-school' approach to healthier eating so that the vending machines supported healthier eating messages given in lessons.

Other key factors for success were:

- location of the vending machine
- commitment of staff to making sure the machines worked and had a range of products
- vending machines that were sufficiently flexible to contain a range of products, with enough capacity to meet demand
- a system to record sales and students' feedback

The report of this trial is available on the Agency's website at:

**[www.food.gov.uk/multimedia/pdfs/vendingreport.pdf](http://www.food.gov.uk/multimedia/pdfs/vendingreport.pdf)**

A toolkit for schools, *Vending healthy drinks: a guide for schools*, provides guidance to setting up successful healthier drinks vending and has been sent to all secondary schools in the UK. It is also available on the Agency's website at:

**[www.food.gov.uk/multimedia/pdfs/vendingmachinebooklet.pdf](http://www.food.gov.uk/multimedia/pdfs/vendingmachinebooklet.pdf)**



## School packed lunch surveys: Promoting healthier packed lunches

Surveys of the contents of school packed lunches commissioned by the Food Standards Agency in 2003 and 2004 showed that many children's packed lunches contained too much salt, sugar and fat and little fruit or vegetables. Analysis of the nutrient content identified key foods that contributed most to salt, sugar and fat intakes. The survey results for 2004 are published on the Agency's website at:

**[www.food.gov.uk/multimedia/pdfs/lunchbox2004report.pdf](http://www.food.gov.uk/multimedia/pdfs/lunchbox2004report.pdf)**, and for 2003 at:  
**[www.food.gov.uk/multimedia/pdfs/lunchsurvey.pdf](http://www.food.gov.uk/multimedia/pdfs/lunchsurvey.pdf)**

Research on school packed lunches in 2005 showed that children from a higher socio-economic status were more likely to take packed lunches than those from a lower socio-economic status. It is evident that parents have to contend with a range of factors when it comes to tackling their child's packed lunch. These include a lack of preparation time and their child's preferences or dislikes as well as their aim of providing their child with a healthier lunch.

Some ideas for healthier packed lunches, with two months' worth of healthier packed lunch menu suggestions are available on the Agency's website at:

**[www.food.gov.uk/news/newsarchive/2004/sep/lunchbox2](http://www.food.gov.uk/news/newsarchive/2004/sep/lunchbox2)**  
**[www.food.gov.uk/news/newsarchive/2004/sep/toplunchboxtips](http://www.food.gov.uk/news/newsarchive/2004/sep/toplunchboxtips)**  
**[www.food.gov.uk/news/newsarchive/2003/sep/lunchbox](http://www.food.gov.uk/news/newsarchive/2003/sep/lunchbox)**

The packed lunch menus feature a wide range of foods to encourage consumption of a variety of foods as part of a balanced diet. They also provide nutritional analysis. In September 2005, in the Agency's continuing drive to help parents prepare healthier packed lunches, the Agency published a further two weeks of menus suitable for 9–12 year olds and two weeks of menus for 5–8 year olds. These are available at:

**[www.food.gov.uk/multimedia/webpage/lunchboxes2005](http://www.food.gov.uk/multimedia/webpage/lunchboxes2005)**

The results from the packed lunch surveys helped to inform this area of the Department of Health/Department for Education and Skills' Food in Schools Initiative.

In 2006 the Agency intends to commission research exploring cost-effective ways to encourage the preparation and use of healthier packed lunches. Activity will continue to support school meal uptake, but recognises the need to help parents/children prepare healthier packed lunches. The research will explore whether interventions in schools can help improve packed lunches by assessing the nutrient content of packed lunches before and after the intervention.

## School food across the UK

The four countries within the UK have distinct policies on school food, but all are working towards improving school food throughout the whole school day. The following sections provide an outline of their current activity.

### England

The Department for Education and Skills (DfES) convened the School Meals Review Panel to look into school meal standards. Their report, *Turning the tables: transforming school food – a report on the development and implementation of nutritional standards for school lunches*, was published in October 2000 on the DfES website at:

**[www.dfes.gov.uk/consultations/downloadableDocs/SMRP%20Report%20FINAL.pdf](http://www.dfes.gov.uk/consultations/downloadableDocs/SMRP%20Report%20FINAL.pdf)**

Further work is now underway to develop the standards and to develop similar standards for other school food, including that provided in breakfast clubs, at mid-morning break and after school.

Research into the food provided at lunchtime in secondary and primary schools has enabled assessment of the state of food provision, food choices and nutrient intakes from school meals in England to be made. The secondary school survey was published in July 2004. More information and the report are available at:

**[www.food.gov.uk/science/101717/schoolmealsresearch](http://www.food.gov.uk/science/101717/schoolmealsresearch)**

A survey in primary schools is due to be published in spring 2006.

You can also access details on a range of other work in this area:

- target nutrient specifications:  
**[www.food.gov.uk/Consultations/ukwideconsults/2005/uknutrienttargetschool](http://www.food.gov.uk/Consultations/ukwideconsults/2005/uknutrienttargetschool)**
- caterers' qualifications (article published in the Agency newsletter, *FSA News*):  
**[www.food.gov.uk/multimedia/pdfs/fsanews53.pdf](http://www.food.gov.uk/multimedia/pdfs/fsanews53.pdf)**
- governors' framework:  
**[www.food.gov.uk/news/newsarchive/2005/nov/schoolgovernors](http://www.food.gov.uk/news/newsarchive/2005/nov/schoolgovernors)**

### Wales

Research looking into pupils' food choice and the factors influencing their choices has shown that many pupils still select unhealthy, unbalanced meals at lunchtimes even though healthier options are available in maintained primary and secondary schools across Wales.

This research, funded jointly by FSA Wales and the Welsh Assembly Government, has fed into the work on school meals being undertaken by the Food in Schools Working Group. This group will advise the Welsh Assembly Government on food provision across the whole school day and, in particular, on the extent to which more stringent nutritional standards are to be introduced for school meals.

The results of the research will be published on the FSA Wales section of the Agency's website in spring 2006 at: **[www.food.gov.uk/wales](http://www.food.gov.uk/wales)**

## Scotland

*Hungry for Success* is the Scottish Executive's (SE's) policy for school meals in Scotland. It sets out a vision for a revitalised school meals service in Scotland and presents a number of far-reaching recommendations connecting school meals with the curriculum as a key aspect of health education and health promotion. Special schools and primary schools worked towards adopting the standards by December 2004 and secondary schools by December 2006.

The Food Standards Agency consulted on proposed UK target nutrient specifications for manufactured food products used in school meals. In Scotland, weekly nutrient-based standards for school meals, aimed at local authority menu planners, are already set out within *Hungry for Success* so the UK target specifications will update the existing specifications in Scotland and support the continued effort to improve food in Scottish schools.

FSA Scotland has commissioned research to identify the impact of the target nutrient specifications on food supplied in schools and on food provision more widely across public sector institutions.

FSA Scotland is also exploring ways to support the SE in helping all Scottish schools achieve 'health-promoting status' by 2007.

Further information about *Hungry for Success* is available at:

**[www.scotland.gov.uk/library5/education/hfs-00.asp](http://www.scotland.gov.uk/library5/education/hfs-00.asp)**

Information about Scottish nutrient standards for school lunches is found at:

**[www.scotland.gov.uk/library5/education/hfs-05.asp](http://www.scotland.gov.uk/library5/education/hfs-05.asp)**

## Northern Ireland

The Compulsory Nutritional Standards Steering Group was set up in 2003 to oversee the pilot of food-based nutritional guidelines in schools in Northern Ireland, following the publication of *Catering for healthier lifestyles* in 2002, which set out the new compulsory nutritional standards for school meals. The Food Standards Agency is represented on this group, along with the Department for Education and Skills, catering managers from each of the education and library boards, the Health Promotion Agency and a representative from the Community Dietician Network.

The pilot on around 100 schools was recently evaluated by PricewaterhouseCoopers and a consultation is about to start that looks at the adoption of a combination of food- and nutrient-based standards for school lunches, in line with developments in England. Information can be found at:

**[www.deni.gov.uk/index/schools\\_pg/5-schools\\_meals\\_pg/5-nutritional\\_standards\\_for\\_school\\_meals.htm](http://www.deni.gov.uk/index/schools_pg/5-schools_meals_pg/5-nutritional_standards_for_school_meals.htm)**

FSA Northern Ireland continues to work in partnership with this group, the Departments of Education and Health in Northern Ireland, as well as the Education and Training Inspectorate (Northern Ireland) on the proposed inspections later this year. Information can be found at:

**[www.deni.gov.uk/index/schools\\_pg/5-schools\\_meals\\_pg/5-nutritional\\_standards\\_for\\_school\\_meals.htm](http://www.deni.gov.uk/index/schools_pg/5-schools_meals_pg/5-nutritional_standards_for_school_meals.htm)**

Primary  Secondary  Whole school  Knowledge  Skills   
Diet and health  Consumer awareness  Food handling and preparation  Food hygiene

## **Starting Early:** Survey of food-related good practice in schools

*Starting Early* is the first ever survey of good practice related to a 'whole-school' approach to food and nutrition in primary schools and early learning settings such as nursery schools, Sure Start schemes and daycare nurseries.

The survey, which was jointly published by Ofsted and the Food Standards Agency in July 2004, examined school activity relating to food in the learning environment. This included the curriculum, breakfast and after-school clubs, school meals, tuck shops, water provision, packed lunches, dining environment, and alternative food supplies close to school.

The survey identified considerable gaps in practice related to food and nutrition in the schools surveyed. Despite this, case studies included in the report, *Starting Early: food and nutrition education of young children*, indicated individual examples of good practice that could be helpful for a wider audience.

*Starting Early* is available at: [www.food.gov.uk/multimedia/pdfs/ofstedearly.pdf](http://www.food.gov.uk/multimedia/pdfs/ofstedearly.pdf)

## ***Ofsted themed inspections:*** **Whole-school approaches to healthy eating**

Ofsted was asked to conduct a rapid response exercise to inspect whole-school approaches to healthy eating. The purpose of these particular Ofsted inspections was to provide data for the Secretary of State for Education on the status of school activity in this area and to provide a framework for schools to develop and improve their healthy eating activity both in the classroom and in the wider school environment.

The Food Standards Agency commissioned nutritionists to accompany Ofsted inspectors to field-test the monitoring tools. The purpose of this was to provide an insight into whole-school approaches to food and health. It is proposed that Ofsted inspectors will use these tools as part of any future thematic inspections.

The nutritionists made observations during the visits and fed back to Ofsted inspectors for the school report. Their involvement helped to advise on ways to make the tools more useful. Nutritionist input proved useful in the inspections and highlighted issues relating to the tools and how they are used within the whole school. Their observations will feed into wider Government discussion as to the approach that the themed inspections may take in the future.

A report *Healthier Eating in Schools*, which drew on the findings of the themed inspections, was published by Ofsted in March 2006.

## Local Authority grants to promote food hygiene

Since 2003 the Food Standards Agency has invited proposals from local authorities (LAs) in England and Scotland to promote food hygiene on a local basis. The funding allows LAs to develop ways of delivering food safety messages that they would not ordinarily be able to do. Proposals are considered against criteria of overall objectives, scope and coverage, excellence, partnership (particularly the involvement of local community groups), innovation and creativity, and evaluation measures.

The Agency in England provided 15 grants of £10,000 and in Scotland provided 12 grants totalling approximately £120,000 in 2005/2006. Each scheme is fully evaluated as part of the grant scheme process.

Many of the schemes have built upon existing local partnerships with, for example, NHS professionals, schools and local community groups and new partnerships have also been made. In 2005/2006 this scheme was widened to include funding for schemes that also promoted healthy eating messages.

Schemes have delivered many new resources that LAs have been able to utilise to deliver their messages including videos, audiotapes in community languages, aprons and award schemes, teaching resources and translated hygiene manuals for caterers.

Two such schemes of note developed in England are *Mission: Possible!* from Wyre Borough Council (see page 18), which will be rolled out further and *Foodo – the Food Poisoning Whodunit!* from Taunton Deane Borough Council, which may be commercialised in the future.

Two such example schemes developed in Scotland include Renfrewshire Council's *STAMP IT OUT* advertisement which was one of four entries selected to receive a highly commended certificate as part of the **foodlink** Awards for Communicating Food Safety 2005 and South Ayrshire Council's *Elementary Food Hygiene Training for Secondary Schools* which involves training all S2 secondary students within the LA and those senior students taking Home Economics, Child Care or Hospitality.

Information on grants can be found at:

[www.food.gov.uk/news/newsarchive/2004/apr/grants](http://www.food.gov.uk/news/newsarchive/2004/apr/grants)

[www.food.gov.uk/news/pressreleases/2003/mar/hygienelocal](http://www.food.gov.uk/news/pressreleases/2003/mar/hygienelocal)

[www.food.gov.uk/scotland/pressreleases/2005/aug/fhcbidsscotlandpress](http://www.food.gov.uk/scotland/pressreleases/2005/aug/fhcbidsscotlandpress)

## Food hygiene and healthy eating project with Aberdeen Football Club



The aim of the pilot of the food hygiene and healthy eating project is to increase awareness of healthy eating and food hygiene messages, in primary school children aged 7 and 8, through a joint initiative with Aberdeen Football Club's community football coaching team.

Aberdeen Football Club is to provide a six-week block of half-day football coaching sessions combined with healthy eating and food hygiene material to 1,000 children aged 7 and 8 in 12 schools. All pupils who successfully complete the course will receive a certificate along with a goodie bag including a kit bag and lunchbox.



The pilot was launched on 2 February 2006 at Aberdeen Football Club's ground at Pittodrie with pupils from two of the participating schools attending and extensive media coverage.

Pupils and teachers are to complete pre- and post-pilot project evaluation forms. The pilot is due to be completed at the end of May 2006, when an evaluation will be conducted with a view to possibly rolling out the project across Scotland.

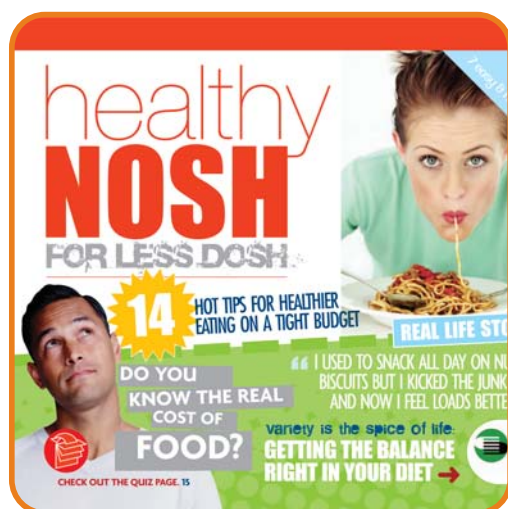
## **Healthy Nosh for Less Dosh:** Buying and cooking healthy food on a budget

*Healthy Nosh for Less Dosh* is aimed at giving young people, including those facing living away from home for the first time, both the insight and incentive to help them choose, buy and cook healthy food cost-effectively. Intended for use primarily by educators and communicators working with young people, it uses an accessible and very visual style.

*Healthy Nosh for Less Dosh* addresses the challenges faced by young people aged 16–25 in a range of situations – whether going away to university and leaving home for the first time or single parents with a young family – to eat healthily on a budget. Lack of skills and knowledge, and limited funds with which to prepare a healthy balanced meal, can be real barriers to eating healthily. *Healthy Nosh for Less Dosh* aims to engender the confidence and motivation to overcome some of these barriers to dietary change. It includes hot tips on how to become a thrifty shopper, plus real-life stories, and aims to inspire young people to increase their confidence to cook quick and easy meals using simple and tasty recipes.

The bilingual booklet was launched at a healthy living event for students at Cardiff University in May 2005. There have been numerous requests for the resource from those organising programmes to support sixth-form leavers.

Bilingual and English language versions of *Healthy Nosh for Less Dosh* can be downloaded at: [www.food.gov.uk/news/newsarchive/2005/may/healthynoshwales](http://www.food.gov.uk/news/newsarchive/2005/may/healthynoshwales)



Primary  Secondary  Whole school  Knowledge  Skills   
 Diet and health  Consumer awareness  Food handling and preparation  Food hygiene

## Promoting healthy eating habits among low income and minority ethnic young people

Promoting good eating behaviour among low income and minority ethnic groups is not an easy task. This recently commissioned research project aims to determine and quantify factors that inhibit healthy food choice in girls aged 14–18 years from low income and minority ethnic groups.

Using this information, the project will develop a computer-based programme. This will provide individually tailored ideas on how to increase the amount of fruit, vegetables and complex carbohydrates these girls eat in a way that is still in keeping with their cultural and social lifestyles.

The project is due to end in 2006 when, if successful, the Food Standards Agency will look to promote the programme both within and outside the school setting.

A summary of this project is on the Agency's website at:

**[www.food.gov.uk/science/research/researchinfo/nutritionresearch/foodchoice/n14programme/n14projilist/n14002](http://www.food.gov.uk/science/research/researchinfo/nutritionresearch/foodchoice/n14programme/n14projilist/n14002)**

## **Healthy Lifestyle Challenge:** Engaging children, young people and their families in a challenge to improve their health

Encouraging people, including school-aged children, to change their diets and lifestyles is a real challenge. Plenty of information is available, but the real issue is how we can help people to make real changes. Tackling these issues is important and the Food Standards Agency is going to explore this by looking at implementing lifestyle challenges at a community and school level.

The general approach for the *Healthy Lifestyle Challenge* is to engage a local community or, in this case schools, in a partnership approach. An important element of this work will be fitting it in with the Healthy Schools Programme – see [www.wiredforhealth.gov.uk](http://www.wiredforhealth.gov.uk) Negotiations are in process and work is likely to commence in summer 2006.

We anticipate that the challenge will enable participants to pledge one or more change(s) to their diet and activity level in line with Government targets. The type of pledges may be along the lines of:

'I will try to:

- eat a healthy breakfast every morning before coming to school (or at school breakfast club)
- eat [x number] of pieces of fruit every day
- walk to and/or from school every day'

All of the school community will be able to take up the pledges and families will be encouraged to provide mutual support and encouragement. Follow-up with those making pledges would enable evaluation of the 'success' and cost-effectiveness of the approach.

Primary  Secondary  Whole school  Knowledge  Skills   
Diet and health  Consumer awareness  Food handling and preparation  Food hygiene

## Further information on food and nutrition

More information about the work carried out by the Food Standards Agency, including details of resources and work developed by the Agency in England, Scotland, Wales and Northern Ireland, can be found on the Agency's website at: **[www.food.gov.uk](http://www.food.gov.uk)**

If you want to know more about food and nutrition, visit **eatwell** the Agency's advice and information site. It is packed with reliable and practical advice about healthy eating, understanding food labels and how what we eat can affect our health:

**[www.eatwell.gov.uk](http://www.eatwell.gov.uk)**

Other interactive games and quizzes with educational messages, which you may find useful, are available at: **[www.eatwell.gov.uk/info/games](http://www.eatwell.gov.uk/info/games)** and **[www.eatwell.gov.uk/info/quizzes](http://www.eatwell.gov.uk/info/quizzes)**

Food Hygiene Mission Control is an interactive resource for children aged 7 – 14 and their teachers. Through quizzes, games and fact pages it educates young people about food hygiene issues. The teachers' section contains downloadable activity sheets for further teaching. Visit: **[www.food.gov.uk/hygcampaign/hygmisioncontrol](http://www.food.gov.uk/hygcampaign/hygmisioncontrol)**

If you would like to order any publications produced by the Food Standards Agency, including *The Balance of Good Health* leaflet: FSA/0008/0802 and *The Balance of Good Health* A3 poster: FSA/0009/0201, many of these can be ordered free of charge by contacting:

### **Food Standards Agency Publications**

**orderline: 0845 606 0667**

**minicom: 0845 606 0678**

**fax: 020 8867 3225**

**email: [foodstandards@ecgroup.uk.com](mailto:foodstandards@ecgroup.uk.com).**

### **Other useful links**

English Food in Schools, National Healthy Schools Programme and School Food Trust

**[www.foodinschools.org](http://www.foodinschools.org)**

**[www.wiredforhealth.gov.uk/home.php?catid=872](http://www.wiredforhealth.gov.uk/home.php?catid=872)**

**[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)**

Scottish Health Promoting Schools

**[www.healthpromotingschools.co.uk/familyandcommunity/eatingforhealth](http://www.healthpromotingschools.co.uk/familyandcommunity/eatingforhealth)**

Welsh Network of Healthy Schools Scheme

**[www.nutritionnetworkwales.org.uk](http://www.nutritionnetworkwales.org.uk)**

**[www.rhwydwaithmaethcymru.org.uk](http://www.rhwydwaithmaethcymru.org.uk)**

Northern Ireland Health Promoting Schools

**[www.healthpromotionagency.org.uk/Work/hpschools/menu.htm](http://www.healthpromotionagency.org.uk/Work/hpschools/menu.htm)**



