

School Food, Nutrition & Cooking

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Three principles of the SFP:

- Food should be viewed as part of the whole school approach
- The Headteacher leads the change
- Seeing through the eyes of the child

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Nutrition and academic performance

- Poor diet impairs learning - effects on behaviour, concentration and cognitive ability

(Benton, 2001; A. Sorhaindo, L Feinstein, 2006; DCSF, 2007)

- Links between breakfast and readiness to learn
- Links between lunchtimes and behaviour in the classroom in the afternoon

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Ofsted

- **Wellbeing, health and healthy eating** – more prominence in inspections
- Judgement on **personal development, behaviour and welfare**
 - *knowledge to keep themselves healthy (exercising and healthy eating)*
 - *food on offer, canteen visit (atmosphere and culture in the dining space, effect on pupils' behaviour)*
- Judgement on **leadership and management** - breadth and balance of the curriculum (practical cookery)

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School Food Plan – summary of actions

- school meal standards
- cooking in the curriculum
- teacher training
- breakfast clubs
- school meal take up
- Ofsted
- support small schools
- universal free school meals
- workforce development

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Online pupil survey findings

Main concerns

- breakfast
- drinking water availability
- school lunch uptake
- school meal service

Opportunities

- cooking

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Need to know more about:

	Primary boys	Primary girls	Secondary boys	Secondary girls
Cooking	1st	1st	1st	1st
Getting fit	2nd	2nd	3rd	-
Losing weight	-	-	-	2nd
Money management	-	-	2nd	-
Stress management/relationships	-	-	-	3rd

Further reading

- School Food Plan
www.schoolfoodplan.com
- School Food Standards
www.schoolfoodplan.com/standards/
www.childrensfoodtrust.org.uk/schools/the-standards
- Design and technology programmes of study
www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study

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School Meals

- Universal Infant Free School Meals
- Packed lunch
 - does the quality of the lunch pupils bring in concern you?
 - packed lunch policy?
- School Food Standards
- School Food policy?

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Useful resources

- Core competencies
<https://campaignresources.phe.gov.uk/schools>
www.nhs.uk/change4life/pages/schools-partners.aspx
- Cooking and food education
www.tes.co.uk/resource-collections/Food-education-6412605/
www.focusonfood.org
www.greatgrubclub.com
www.letsgetcooking.org.uk
www.growingschools.org.uk

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Cooking in the curriculum

- Practical cooking is now mandatory up until year 9
- Focus on cooking nutritious savoury dishes & understanding where food comes from

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Useful resources – cont'd

- www.childrensfoodtrust.org.uk
- www.foodafactoflife.org.uk
- www.foodforlife.org.uk
- www.nutrition.org.uk
- www.thegreatschoolslunch.co.uk
- www.recipeforchange.co.uk

National School Meals Week 2nd - 6th Nov 2015

Healthy Eating week 1st – 5th June 2015

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