Food Education – Fact or Fiction?

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| It is necessary to have a food hygiene qualification to teach practical food skills in a primary school | Fiction | Staff should be aware of the risks in working with food, however, the benefits of doing so far outweigh these! If staff lack confidence in this area there are several online courses, including within the CPD directory which staff can sign up to. Details below for links to support |
| I can’t do practical food work as there is no kitchen in our school | Fiction | There is a plethora of no cook recipes which can be used if there is no cooker available. These can be done in the classroom. Reasonable hygiene precautions should be taken, other than that classrooms are perfect places to work with food! |
| Risk assessments should be in place when classes are working with food | Fact | Despite the fact the benefits far outweigh the risks, risk assessments must be in place. They can form part of the learning and be done with pupils. Examples can be seen below. |
| Cooking in the classroom is too difficult to manage and is dangerous | Fiction | You are a maestro in the classroom and constantly manage groups doing different activities! Start small and initially try to get a PSA or a parent helper involved. Your school cook might also be happy to help and be an extra pair of hands (remember they are experts in this). In fact, your dining area might be a possible place to start working with food. Induction hobs do not get hot so are a good option once you start to cook. Give it a go, the children love it and it’s such a versatile context for learning. |
| Learning to prepare food is an entitlement in the curriculum | Fact | Children are entitled to a planned progressive food education curriculum, which includes a progressive education in the development of practical food skills. |
| I can’t do practical work with food as one of the children has a food allergy | Fiction | It is even more important to teach children who have food allergies to cook as they may find buying foods more difficult. It also provides an excellent learning opportunity for the other children in the class. See below for a sample letter to send home regarding food allergies. |
| We do cooking for bake sales and celebrations so that should be enough | Fiction | It is unlikely that children will experience the skills progression they are entitled to if this is their only experience. The food and health curriculum and benchmarks make it clear that food skills should be taught across all areas within this aspect of the curriculum. They can also be taught across lots of other curricular areas to help bring the curriculum to life. See below for ideas. |
| It’s impossible to store food safely in a primary school | Fiction | This should form part of your risk assessment. There is lots of support available to help you to know how this should be done. If using perishable foods, you will need a fridge. See below for food hygiene/safety information |
| We can’t grow foods in our school as we have no space/the weather is awful | Fiction | Buckets, window boxes, old tyres, wellies, yogurt cartons, cans, can all be used for growing. This can happen inside the classroom, but lots of things grow well in Scotland. Parents/grandparents/community members can be great sources of knowledge in this area. Make great links to outdoor learning, sustainability and science! The resources below are also helpful for growing in Scotland. |

Hygiene/food safety support/training;

<http://www.foodstandards.gov.scot/education-resources/using-our-resources/food-safety>

<https://education.gov.scot/improvement/documents/hwb19-grow-cook-eat.pdf>

Risk assessments;

<http://www.foodafactoflife.org.uk/attachments/b12b5b62-bc01-477dba7db27e.pdf>

<http://www.foodafactoflife.org.uk/attachments/2051a68e-6a7e-44e3af7066bd.doc>

<https://education.gov.scot/improvement/documents/hwb41-kitchen-risk-assessment-dunblane.docx>

Food ideas/support

<https://education.gov.scot/improvement/documents/hwb19-food-for-thought1.pdf>

<https://education.gov.scot/improvement/documents/hwb19-food-for-thought-mindmap.pdf>

<https://education.gov.scot/improvement/documents/hwb19-food-and-health-skills.pdf>

Food allergy letter

<http://www.foodafactoflife.org.uk/attachments/8c0e0403-4566-43ab3351dd5e.doc>

Growing

<https://education.gov.scot/improvement/documents/hwb19-the-way-we-grow-and-catch-food.pdf>

<https://schoolgardening.rhs.org.uk/home>