Food Resources

Spend some time looking at the vast resources around the area of food and health provided by Education Scotland. Choose two areas and resources that you could use in the classroom.

**Evidence: Identify two resources that you could use in future practice and reflect on how they could help to identify skills development for the learner.**

**Better Eating, Better Learning**

* Recently published a decade on from Hungry for Success
* New initiative to aid the development of a healthier nation
* Aims to promote healthy lifestyle and food choices for all
* Provides information on food products and recommended daily allowances
* Not just focussed on food being ate but looks at other aspects of food ie. How to reduce waste etc.
* Provides a range of resources for practitioners to use to inform their practice
* Very idealistic; different in practice
* Eatwell Plate

<http://www.gov.scot/resource/0044/00445740.pdf>

<http://www.educationscotland.gov.uk/Images/j387169_tcm4-868158.pdf>

**Food for Thought**

* To support practitioners within the classroom
* To explore skills pupils will develop
* Aiming to transform lives through learning/educating
* Emphasis on pupils recording learning through use of eportfolios/profiles; reflect & progress
* Provides info on skills for lifelong learning
* Gives suggestions for evidence which practitioners can utilise
* Providing model examples for different curricular outcomes & shows progression through them

<http://www.educationscotland.gov.uk/Images/foodandhealthskillsbooklet_tcm4-810954.pdf>

**Skills Which Can be Developed:**

*Pupils:*

* independence
* skills for life
* preparation for adulthood
* healthy diets
* knowledge of healthy produce/recipes
* literacy & numeracy skills
* make informed decisions
* good choices
* building the foundations now for future generations

*Staff:*

* positive role model
* awareness of balanced diets/healthy eating
* ability to make small changes within classroom/school

**Resources**

The *Grow & Catch* resource within Education Scotland enables children and young people to learn about the food we eat and where they come from. This can be achieved right from the early level of schooling (growing/planting food) through to fourth level (examining types of food grown, prepared & made with Scottish ingredients). Its main aim is to support learning about Scotland’s food and drink through interdisciplinary learning and planning progressive lessons. Attached is also a calendar, tailored to the Scottish climate, which shows which month’s different fruits/veg should be sown/planted and when they should harvest.

<http://www.educationscotland.gov.uk/Images/GrowandCatch160713LR_tcm4-810727.PDF>

The *Food & Health Skills Support Resource* enables practitioners to see clearly what outcomes can be achieved and how. It goes through all the different outcomes for each level and provides some ideas as to what activities can be done. The outcomes which are covered are Nutrition, Food and textiles contexts for developing technological skills and knowledge, Safe and hygienic practices and Food and the consumer.

<http://www.educationscotland.gov.uk/Images/finalfoodskillstables_tcm4-810729.pdf#page=1>