

FOOD FOR THOUGHT

exploring food and drink through curriculum for excellence



Transforming lives through learning

This resource aims to support learning about food and drink through well planned interdisciplinary learning. The important aspect of interdisciplinary learning is to provide opportunities for progression in skills and understanding in a range of contexts and to make connections between different areas of learning. There are good examples of interdisciplinary learning available based on strong subject themes, as well as project-based approaches.

Interdisciplinary learning based upon groupings of experiences and outcomes from within and across curriculum areas, can provide relevant, challenging and enjoyable learning experiences and stimulating contexts to meet the varied needs of learners.

The curriculum should include space for learning beyond subject boundaries, so that learners can make connections between different areas of learning. The presence of food and health within the curriculum provides students with the knowledge and skills to make healthy food choices and help establish lifelong healthy eating habits.

Revisiting a concept or skill from different perspectives deepens understanding, and can also make the curriculum more coherent and meaningful.

Interdisciplinary learning provides many opportunities to work in an outdoor context and make the best use of the natural and the built environment, as well as enabling work with partners who are able to offer and support enriched learning experiences and opportunities for young people's wider involvement in society and the wider community.



Developing *Food for Thought*

What Can I Do?

Raise awareness about healthier choices whenever situations arise and role model this behaviour.

Provide appropriate advice and guidance on and suitable qualifications in the food and drink industry as an attractive career path.

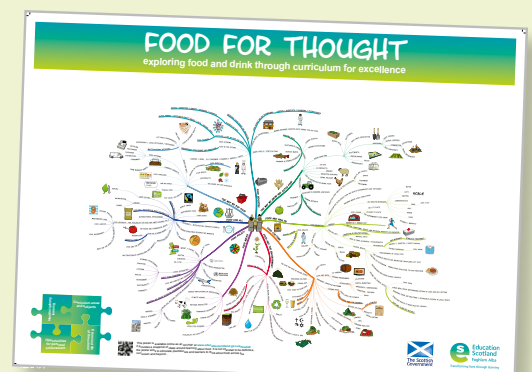
Recognise the achievements of learners in related areas.

Working alongside learners to create exciting and challenging learning experiences within the curriculum and contexts for learning.

- Parental Involvement
- Developing Global Citizens
- Enterprise in Education
- Financial Education
- Skills for Learning, Life and Work
- Promoting Positive Behaviour
- Outdoor Learning
- School Gardens
- More Choices More Chances / 16 + Opportunities for all
- Community Learning Development
- Canteen as classrooms – linking food provision and learning
- Staff Health and Wellbeing
- Breakfast Clubs and After School Clubs
- Extra-curricular events
- Career Opportunities

Using the *Food for Thought* Poster

Your school will have received copies of an A1 sized *Food for Thought* poster. It is available online as an A3 PDF at www.education.gov.scot/improvement/hwb19-food-for-thought-resources and provides a snapshot of ideas around learning about food. It is not intended to be definitive, the poster aims to stimulate practitioners and learners to think about food across the curriculum and beyond...



Information and resources

Websites

Health and Nutrition Information

Food Standards Scotland:

www.foodstandards.gov.scot

British Heart Foundation: www.bhf.org.uk

British Nutrition Foundation: www.nutrition.org.uk

The Dairy Council: www.milk.co.uk

NHS Health Scotland: www.healthscotland.scot/

NHS Health Scotland – Healthy Weight for Children:
www.healthscotland.com/documents/4143.aspx

Practical Cooking Skills

Food A Fact of Life:

www.foodafactoflife.org.uk/index.aspx

BBC Good Food: www.bbc.co.uk/food

Grow Your Own

Countryside Classroom:

www.countrysideclassroom.org.uk

RHS School Gardening:

www.schoolgardening.rhs.org.uk/about-us

Schools Global Gardens Network:

www.globalgardens.org.uk/

Food and Sustainability

Ecoschools: www.ecoschoolsscotland.org

Zero Waste Scotland: www.zerowastescotland.org.uk

Love Food Hate Waste: www.lovefoodhatewaste.com

Food and Farming

The Soil Association: www.soilassociation.org

Royal Highland Agricultural Trust: www.rhet.org.uk

Seafood Scotland: www.seafoodscotland.org/en/

Red Tractor: www.redtractor.org.uk/?src=landing

Outdoor Learning

Curriculum for Excellence through outdoor learning:

<https://education.gov.scot/improvement/hwb24-support-for-professional-development-in-outdoor-learning>

Managing risk in outdoor learning:

<https://education.gov.scot/improvement/hwb26-managing-risk-in-outdoor-learning>

National support

Healthy Eating in Schools – A guide to implementing the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 – National guidance on food in schools: www.gov.scot/Publications/2008/09/12090355/0

Scot-PHO – Public Health Information for Scotland – Health Statistics for your authority: www.scotpho.org.uk/comparative-health/profiles/2010-chp-profiles

Community Food and Health (Scotland):
www.communityfoodandhealth.org.uk

Who Can Help in Food Education?:
www.education.gov.scot/improvement/hwb8foodeducationpartners

Better Eating Better Learning:
www.education.gov.scot/improvement/hwb17-better-eating-better-learning

Eat Better Feel Better
www.eatbetterfeelbetter.co.uk/

Local support

Education Scotland

Home Economics Teachers – advice, guidance and cluster CPD on practical food skills

School Catering Service – advice on meeting nutrition standards, healthy eating sessions for pupils, parents or staff

Environmental Health Department

Local Chefs – may be willing to visit, support activities for staff or pupils

Local Food Co-ops – community support

Local Colleges

Community Dietician

Local independent/local food retailers/producers/supermarkets

Local Farms

To request printed copies of this leaflet or the A1-sized *Food for Thought* poster please email: HealthandWellbeing@educationscotland.gov.uk

The *Food for Thought* poster and flyer are available online to print off and add your own ideas and develop further: www.education.gov.scot/improvement/hwb19-food-for-thought-resources



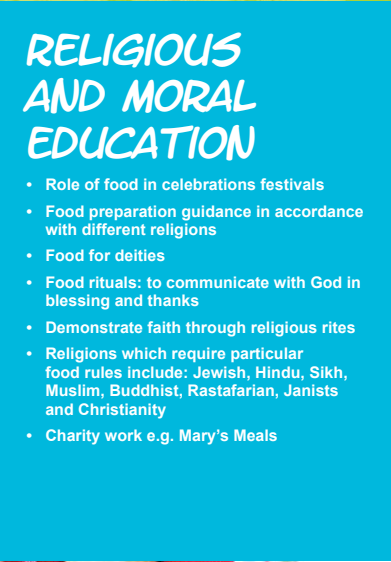
EXPRESSIVE ARTS

- Illustration of food
- Photography of food
- Design of product packaging, books, leaflets
- Composition of music for food advertising
- Use range of media and technologies to create food images for publication or art display
- Graphic design for food publications
- Use of lighting and sound in theatre arts technology in creating media around food
- Develop and communicate imaginative design solutions



HEALTH AND WELLBEING

- Healthy relationships with food
- Maintain a healthy weight
- Portion size
- Regular physical activity
- Access to opportunities, energy in and energy out
- Social wellbeing: eating with friends and peer food influence
- Menu planning: practical cooking skills
- Dietary needs
- Resilience
- Role of media in influencing health behaviours
- Safe and hygienic practices, safety risks
- Sustainability, seasonality, source of food
- Legal rights of consumers and agencies



RELIGIOUS AND MORAL EDUCATION

- Role of food in celebrations festivals
- Food preparation guidance in accordance with different religions
- Food for deities
- Food rituals: to communicate with God in blessing and thanks
- Demonstrate faith through religious rites
- Religions which require particular food rules include: Jewish, Hindu, Sikh, Muslim, Buddhist, Rastafarian, Janists and Christianity
- Charity work e.g. Mary's Meals



SCIENCES

- Components and function of food
- Fertilisers and fuel
- Fragile earth food
- Environmental impact of farming and fertilisers
- Genetically modified foods
- Function of vitamins and minerals
- Genetic engineering
- Food chains and webs
- Energy changes in chemical reactions
- Diseases caused by germs or cooking
- Express opinions and make decisions on social, moral, ethical, economic and environmental issues



LANGUAGES

- Following recipes and instructions accurately
- Describing tasting experiences
- Listening to instructions
- Reading menus in any language
- Food labelling
- Food in literature
- Food diaries
- Menu planning and shopping lists
- Media literacy
- Environmental print
- Decoding
- Advertising
- Gaelic culture: recipes and food vocabulary
- Writing for: magazines, newspapers, films, radio and TV
- Online media: including blogs, social networking, web pages, catalogues and directories



MATHEMATICS

- Weighing and measuring volume in recipes, cooking for large numbers
- Food miles
- Working out energy content of food
- Estimation and rounding in recipes
- Fractions, decimal fractions and percentages - for costing or portion sizing
- Money management: budgeting in the home or workplace
- Timing skills: cooking, preparation and planning of meals
- Dividing a bill
- Measurement: presentation of food
- Data and analysis in food production and logistics
- Ratio and proportion
- Interpret numerical information: assess risk and problem solving



SOCIAL STUDIES

- Historical events: potato famine, rationing, Holocaust, slavery
- Ethics regarding aid packages
- Availability, distribution of food for all
- Global famine
- Land procurement: use or overuse, environmental changes
- Obesity endemic: society changing, effect on health care systems
- Farming: growing, crop rotation, subsistence farming, commercial farming, growing crops, rearing animals, industry, recycling, food waste
- Food security: local food policy and global food policy



TECHNOLOGIES

- Practical cooking skills
- Design of cooking tools, kitchens, eating spaces
- Design of packaging
- Role and impact of technologies in changing and influencing society
- Renewable and sustainable energy
- Ethical issues arising from technological developments
- Health and safety legislation
- Design challenges with a food focus
- Develop a creative food idea which could be realised using computer-aided manufacture
- Design of multimedia games involving food

