

Section 1

Who can use this section?

Teachers, Health promotion practitioners, Quality Improvement Organisations and Officers, Caterers, Parent-Teacher Associations, Community Food groups, Pupil or Student groups, and the Voluntary Sector.

Practical exercise 1: What does Better Eating, Better Learning mean to me?

This exercise is designed as an initial icebreaker for workshop sessions and also to help participants consolidate their understanding and, by sharing their ideas, provide valuable insight into the different ways that different people can contribute.

Participants have **ONE MINUTE** to describe to their group what Better Eating, Better Learning (BEBL) means to them, and how their own knowledge and skills could contribute to its implementation. (This exercise is best done in small groups of three or four).

Participants are asked to further discuss in their groups ideas about how pupils and staff are currently engaged in BEBL.

Encourage participants to think about the following:

Is the lunchtime experience currently viewed as part of a young person's learning experience? How much do pupils know about the food served in their school?

Is the school dining room, with its staff, viewed as a resource for offering pupils practical learning experiences?



For useful information you can check BEBL and the BEBL Self-Evaluation Tool:

Read the section on Food and Health in BEBL.

Read the section on Food and Health in the BEBL [Self-Evaluation Tool](#).



‘High 5’ Case Study: Transforming food education

Successful implementation of Better Eating, Better Learning (BEBL) relies on our ability to nurture, in children and young people, a sophisticated understanding of the relationship between food and their physical and mental health. In a modern society where children are bombarded with advertising of often unhealthy food products through television and other technologies, never has the school had a more important role to play in helping them become informed and discerning consumers, and in influencing future health outcomes.

The High 5 Health and Nutrition Programme, run by David Rex, Specialist Dietician for Health Promoting Schools, Highland Council, is one example of how we can build the knowledge and skills of existing staff to provide education that will help realise BEBL’s vision and achieve health and wellbeing outcomes under Curriculum for Excellence.

Whether you are running a workshop or using these resources as an individual, David Rex’s presentation provides food for thought and an excellent springboard for discussion.

The presentation and further resources can be found here:

<http://www.educationscotland.gov.uk/foodandhealth>

