

GROW, COOK, EAT

Food for Thought



Transforming lives through learning

PREPARING AND COOKING

MAKING IT HAPPEN...

Learners will gain in confidence when they experience regular, hands-on experiences with food and will begin to:

- apply the principles of food safety and hygiene
- understand their nutritional needs and the importance of a varied diet
- experience the social and cultural contexts of food
- learn about sustainability and the journey of food
- develop healthy choices and become a better informed consumer
- build creativity and dexterity skills.

...AND MAKING IT SAFE

- Wash hands thoroughly with warm soapy water before and after handling raw foods, after touching the bin, going to the toilet or blowing your nose.
- Wash worktops before and after preparing foods, particularly after they've been touched by raw meat, raw eggs, fish and vegetables.
- Wash dishcloths regularly and let them dry before using again.
- Keep raw meat away from ready to eat foods such as salad, fruit and bread. Always use a separate chopping board.
- Raw meat should be covered and stored on the bottom shelf of the fridge.
- Food must be thoroughly cooked and steaming hot all the way through.
- Cool leftover food quickly, store in the fridge and use within two days.



Always create or customise a risk benefit assessment as every situation is different. An example is given in 'useful resources'.

IDEAS TO INSPIRE

- Work with your establishment's catering staff whose knowledge and expertise can be invaluable.
- Explore local produce by arranging visits to and from food producers, restaurants and retailers.
- Plan and create foods for a cultural or themed event.
- Debate food related issues such as 'sitting round the table to eat'.
- Devise guidelines for good manners in the dining hall.
- Create a Food in the News topical wall display and ask children to look out for items to add to it.
- Refer to the Food for Thought Skills Support resource for a wide range of rich ideas that make connections across CfE and into the world of work.

Food education is active, collaborative, challenging, thought provoking and relates directly to real life skills and experiences. It can be an excellent context for interdisciplinary learning with clear, relevant links across many different subjects, including social studies, science, literacy and numeracy. It also relates to themes including global citizenship, financial education and outdoor learning. It is best to focus on a few carefully selected Experiences and Outcomes to ensure coherence and progression.



GROWING AND HARVESTING

MAKING IT HAPPEN...

Gardening is a fantastic teaching tool which engages children in life skills, healthy living and outdoor learning, helping them to:

- develop a curiosity and understanding of their environment and the earth's resources
- develop respect for living things and their care
- plan and design scientific investigations using growing as a stimulus
- think creatively, providing suggestions and solutions to problems and risks
- make connections between growing food and their own health and wellbeing.

...AND MAKING IT SAFE

- Supervise children using tools and ensure they keep them pointing down.
- Keep a safe space between children working.
- Cover open cuts with plasters or vinyl gloves.
- Teach children to keep their hands away from their face until they have been washed.
- Avoid gardening on sites visited by cats, dogs or foxes as their faeces can be dangerous.
- Wash soil covered vegetables thoroughly before using.
- As always, wash hands thoroughly after each activity



- Remember, every site is different so a 'risk benefit' assessment is also required.
- It's advisable to avoid any chemicals when growing food in school. Ask the children to investigate organic methods of crop protection and soil fertility.

IDEAS TO INSPIRE

- Plastic bottles can be used for many purposes, from mini propagators to DIY greenhouses.
- Herbs grow well in cans and jars and a hanging shoe organiser works brilliantly.
- Paint recycled tyre planters to brighten up a playground.
- Attach lengths of guttering to a fence and grow strawberries in it.
- Opt for 'bucket gardening' if space is tight – five gallon buckets work best.
- Intergenerational projects using expertise of others in the community can benefit all involved.
- Try giving all classes their own garden area and let them plan, design, plant, harvest and, of course, eat.
- Look after chickens or even bees! After an initial investment, your own eggs or honey can be used in recipes or packaged up to sell.

Please refer to 'Useful Websites and Resources' for advice, including growing calendars and what grows best. 'Images' search sites are a good way to spark colourful, inventive ideas too.



Some useful websites

British Nutrition Foundation	nutrition.org.uk
Chefs@School	chefsatschool.org
Children's Food Trust	childrensfoodtrust.org.uk / bit.ly/1MqpVuK
Community Food and Health Scotland	communityfoodandhealth.org.uk
Co-operative Education Trust Scotland	cets.coop/index.html
Crofting Connections	croftingconnections.com
Dumfries House	dumfries-house.org.uk/education
Eat Better Feel Better	eatbetterfeelbetter.co.uk
Food A Fact of Life	foodafactoflife.org.uk
Food for Life Scotland	foodforlifescotland.org
Food Standards Scotland	foodstandards.gov.scot
Growing Schools	growingschools.org.uk
Keep Scotland Beautiful	keepsotlandbeautiful.org / bit.ly/24RCV6C
Quality Meat Scotland	qmscotland.co.uk/health-and-education
REHIS (Royal Environmental Health Institute of Scotland)	rehis.com/community-training
RHS School Gardening	schoolgardening.rhs.org.uk/home
Royal Highland Education Trust	rhet.org.uk
Schools Global Gardens Network	globalgardens.org.uk
Scottish Food and Drink Federation	sfdf.org.uk / http://bit.ly/1TAUn3T
Seafood Scotland	seafoodscotland.org
The Soil Association	soilassociation.org
Zero Waste Scotland	zerowastescotland.org.uk

Some useful resources

Becoming a Good Food Nation: Scotland's National Food and Drink Policy
bit.ly/1RgjSt4

Bees for Kids
bit.ly/22tR34G

Better Eating, Better Learning: A new context for school food
bit.ly/1o3Y3Ci

Beyond the School Gate: Improving food choices in the school community
bit.ly/25ipE4G

Education Scotland Food and Health Information and Resources
bit.ly/22tB86p

Health Promotion and Nutrition Act 2007
bit.ly/1OkKIIF

Healthy Eating in Schools – A guide to implementing the Nutritional Requirements for Food and Drink in schools
bit.ly/1S39YbU

Risk Benefit Assessment
bit.ly/1VMgmel

Setting the Table
bit.ly/1DAPa66

To request printed copies of this resource please email:
HealthandWellbeing@educationscotland.gov.uk.

-GROW-

Gardening is healthy and enjoyable and children should be encouraged to participate in growing their own food. Connecting children with the earth is important for their own wellbeing and that of the planet. Not only should they know what they are eating, they should also understand how it grows.

HARVESTING

Harvesting our own food is very rewarding and is a vital part of demonstrating to learners where our food comes from. It allows them to experience the textures and tastes of home grown food and gives them pride in growing food themselves.

PREPARING

It is important to adhere to safety and hygiene guidelines when working with food, however it is not a legal requirement for practitioners to hold a Food Hygiene Certificate.

-COOK-

Practical cookery is at the core of good food education and children will enjoy learning to use a range of methods, skills, techniques and equipment. The benefits are many, including the ability to cook a variety of foods which can contribute to a healthy balanced diet.

LEARNING & TEACHING

Food provides an excellent context for learning across the curriculum and practical work, including cooking and growing, contributes to important life skills. Practitioners don't need to have high levels of personal expertise – make use of all the advice available, and start small.

RECYCLING

Teach children how to minimise food waste. Think creatively about using leftovers but always store and reheat food safely. Composting is another option which is inexpensive, can be done all year round and transforms food waste into a rich food for the garden. It's also worth checking if your local authority will collect food waste.

-EAT-

Good food is essential to good health and it should be appreciated, valued, shared and enjoyed.

SHARING

Planning and hosting an event (big or small) can be an excellent way to celebrate learning, teach useful hospitality skills and reinforce the all-important hygiene messages.

BUDGETING

One essential resource for growing and cooking is a sink but beyond that you can get underway with limited resources. Induction hobs are a useful purchase for hot food but lots of delicious cold recipes can be prepared too. Working with catering staff to share equipment and expertise is a good idea where possible. Gardening equipment may have to be shared but remember that hands make great tools.

MAKING IT HAPPEN

Growing and cooking with children may be seen to carry potential risks and these should be assessed and precautions clearly documented. It is advisable, however, to give equal consideration to risks and the benefits to ensure the many positive outcomes are not being eclipsed by a small possibility of harm. This poster offers advice, links and ideas that will help in creating 'risk benefit' assessments and allow you and your learners to Grow, Cook and Eat with confidence.

See reverse of poster for further advice, ideas and links to organisations which support practitioners to Grow, Cook and Eat.