



**SCHOOL  
FOOD  
MATTERS**

FARM  
GATE TO  
SCHOOL  
PLATE

## Allergens



Peanuts



Nuts



Crustaceans  
(Shellfish)



Molluscs  
(Shellfish)



Fish



Eggs



Milk



Cereals  
containing  
Gluten



Soya



Sesame  
seeds



Celery



Mustard



Lupin



Sulphur  
Dioxide

1 in 13 children have a food allergy (more have intolerances)

14 common allergens – stated on packaging

Most allergens can be easily avoided by substituting e.g  
dairy yoghurt for plant-based yoghurt

[About Allergy | Allergy UK | National Charity](#)



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## Desirable equipment

Typical school suppliers can be expensive and poor value for money  
Wilko's, Home Bargains, B&M, Tesco etc. are great value for money



[Flexible cutting boards](#)



[serrated knife with a rounded tip](#)



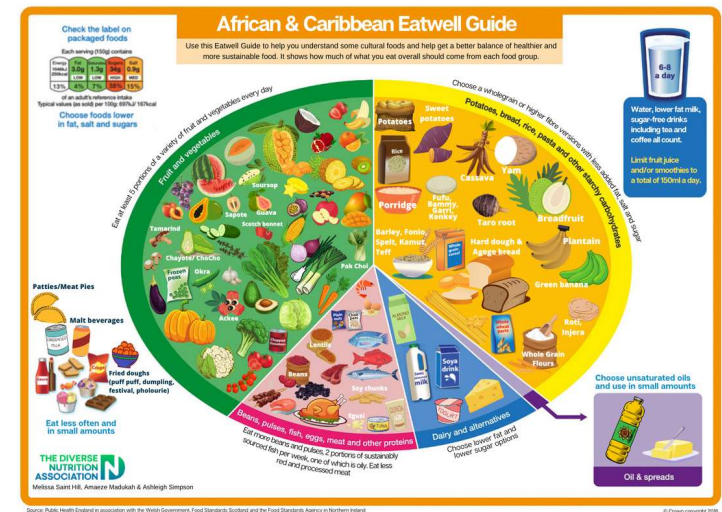
[Knife skill  
video](#)



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# Explore culturally diverse eatwell guides



How do our dishes compare?  
How many different vegetables did we use today? Did we include all food groups?





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# Celebrating cultural diversity through food

**Embrace the community:** Invite local chefs, parents, your teaching staff or community members from various cultural backgrounds to:

- share knowledge about traditional food practices, ingredients, and the importance of food in their culture
- teach others about traditional cooking techniques. For example, a workshop could focus on cooking with Indian spices, or how to ferment vegetables in Korean kimchi

**School menus:** Introduce culturally diverse foods into school cafeterias on a regular basis. Celebrate world food days and festivals. During assembly give a brief presentation about the culture behind the meal

**Food blogs:** Encourage students or community members to write about their cultural heritage, focusing on traditional foods and how their family uses them. This could be part of a digital literacy project or even a school assignment

**Recipe storybooks:** Collaborate to create a multicultural recipe book, where each recipe is accompanied by a story about the dish's cultural significance

**Create a school garden/veg patch/tubs** that grows herbs, fruits, and vegetables from around the world, reflecting the diversity of your pupils. Include these in a cooking session



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Filter your results [Clear Filters](#)

Age Groups  Food Commodities  Low  30 mins

Cooking Methods

<p><b>Muesli with almonds and cinnamon</b></p> <p>Complexity: Low Time: 30 mins</p> <p><a href="#">View Recipe</a></p>	<p><b>Breakfast trifle</b></p> <p>Complexity: Low Time: 30 mins</p> <p><a href="#">View Recipe</a></p>	<p><b>Tasty toast</b></p> <p>Complexity: Low Time: 30 mins</p> <p><a href="#">View Recipe</a></p>
<p><b>Pear, cucumber and ginger juice</b></p> <p>Complexity: Low</p>	<p><b>Plum-berry layered dessert</b></p> <p>Complexity: Low</p>	<p><b>Salmon and cucumber bagel</b></p> <p>Complexity: Low</p>

# Free Online Resources

3-5 Years 5-7 Years 7-11 Years 11-14 Years 14-16 Years Pupils with additional needs Recipes Whole school Professional development

Free resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating.

## Teaching Primary Food and Nutrition - Food A Fact Of Life - (CPD) programme

### Online training

<p><b>Characteristics of good practice in teaching food and nutrition (primary)</b></p> <p>This course has been specifically created for practising, newly qualified and trainee primary tea...</p> <p>Cost: FREE When: tbc Time: tbc Where: Online course</p> <p><a href="#">More Information</a></p>	<p><b>Characteristics of good practice in teaching food and nutrition education (secondary)</b></p> <p>An online course to help teachers become even better food teachers.</p> <p>Cost: FREE When: tbc Time: 00:00 Start Where: Online course</p> <p><a href="#">More Information</a></p>	<p><b>Characteristics of good practice in teaching food and nutrition education (additional needs)</b></p> <p>An online course for staff teaching food and nutrition to pupils with additional needs.</p> <p>Cost: FREE When: tbc Time: tbc Where: Online course</p> <p><a href="#">More Information</a></p>	<p><b>Food training - primary (England)</b></p> <p>This course has been specifically created for initial and practising primary school teachers in E...</p> <p>Cost: FREE When: tbc Time: tbc Where: Online course</p> <p><a href="#">More Information</a></p>
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# Free Online Resources

**COUNTRYSIDE CLASSROOM**  
Connecting schools with food, farming and the natural environment

Search for resources

Search for a resource

Resources Places to visit People to ask

SIGN UP for our newsletter IT'S AS EASY AS PIE!

**TastEd**

[Lesson plans](#)

**Bumble Kids**  
Information about bumblebees, how to encourage and identify them, plus activity sheets, crafts and games for children of different ages.  
[READ MORE >](#)

**The Story of Oilseed Rape - fields of gold**  
This resource tells the Oilseed rape food story told via a series of videos taking you the journey from tiny seed to fields of gold.  
[READ MORE >](#)

**The Story of Milk**  
The Story of Milk from Billy Bull to the milk moustache on your top lip!  
[READ MORE >](#)

**Choose a resource category**

- Farming**: Guidance on farm visits, keeping chickens, fennel, mussels and more.
- Cooking**: Support with planning cooking activities, cooking skills and curriculum links.
- Growing**: Growing tips on what to grow, composting, activities to lead and more.
- Health and Nutrition**: Learn about sustainable food, health and nutrition news and school food.
- Early Years**: Learn about our Early Years Award, food provision, education and engagement.
- Online Training**: Watch films and download resources from our suite of online courses.
- Recipes**
- Holiday Activities and Food**
- International Projects**

[Skills - Food for Life - Soil Ass](#)



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# British Nutrition Foundation's Healthy Eating Week June 2025

*Eat well for you and the planet!*

Each day of the week will have a different theme.

- Focus on fibre - for meals and snacks
- Get at least 5 A DAY - put plenty on your plate
- Vary your protein - be more creative
- Stay hydrated - fill up from the tap
- Reduce food waste - know your portions



[British Nutrition Foundation](https://www.bnf.org.uk/healthy-eating-week)



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## Further information

- British Nutrition Foundation: [www.nutrition.org.uk](http://www.nutrition.org.uk)
- Change4Life: <http://www.nhs.uk/change4life/Pages/change-for-life.aspx>
- Children's Food Trust: <http://www.childrensfoodtrust.org.uk/>
- Core Competences for children and young people aged 5-16 years: <http://www.nutrition.org.uk/foodinschools/competences/competences.html>
- Countryside Classroom: <http://www.countrysideclassroom.org.uk/>
- Design and Technology Association: [www.data.org.uk](http://www.data.org.uk)
- Food – a fact of life: <http://www.foodafactoflife.org.uk/>
- Soil Association - Food for Life partnership: [Skills - Food for Life](#)
- Food Standards Agency: [www.food.gov.uk](http://www.food.gov.uk)
- Food Teachers Centre: [Resources – The Food Teachers Centre](#)
- National Curriculum (England): <https://www.gov.uk/government/collections/national-curriculum>
- NHS Choices: <http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>
- STEM Learning [Primary resources for cross curricular topics | STEM Primary | STEM](#)
- School Food Plan: <http://www.schoolfoodplan.com/>
- MSC - [Activities for young children | Marine Stewardship Council \(msc.org\)](#)
- TastEd - [Changing food education in the UK | Taste Education](#)
- Phunky Foods - [Recipes - PhunkyFoods](#) [PF-Religious-Festivals-and-Foods-FINAL.pdf](#)