

foodroute

a journey through food

Users' guide

*Primary school aged materials
(7 to 9 and 11 to 12 years)*



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Welcome

This guide is for teachers and parents/carers who wish to use the *Food route: a journey through food* resources at school or at home. The resources have been devised to help children engage with the *Food competences* developed by the Food Standards Agency (FSA).

Background: FSA Food competences

The FSA *Food competences* were originally launched in December 2007. They comprise a progressive series of food and nutrition related competency statements for children and young people aged 5 to 16+ years. The competences are based around four themes: diet and health, consumer awareness (shopping), cooking and food safety.

The *Food competences* can help young people to choose, cook and eat safe, healthy food. They are set out as a framework of core skills and knowledge, providing essential building blocks so that parents/carers, schools and community-based organisations can provide young people with a consistent set of food skills and knowledge.

Because the competences are progressive and cumulative from one age stage to the next, they can help young people make healthier choices that benefit them now and in later life. Importantly, the competences apply to all learning experiences, both within and outside the school setting, and can be met at home or through other activities. For further information, go to:

food.gov.uk/schools

Food route: a journey through food

To help children and young people engage with the *Food competences*, a series of focus groups and workshops were arranged throughout the UK. The original competences were rephrased in an age appropriate way, and tested to ensure that children understand what they mean and how they can be achieved. The focus group session informed the language and design of the resources.


4. How to achieve guide

This guide lists the competency statements that appear on the target charts and provides suggestions on how to:

- help children reach the competences
- measure if the competences have been achieved

References to the worksheets are also provided.

Example:

<p>I can eat 5-a-day.</p> 	<p>To help children achieve this competency:</p> <ul style="list-style-type: none">▪ talk about the importance of eating at least 5 portions of fruit and vegetables a day▪ prepare together dishes and drinks with different fruit and vegetables▪ let them try different kinds of fruit and vegetables▪ talk about the size of one portion and that fresh, frozen, dried, canned, juiced fruit and vegetables all count towards 5-a-day (Different ways to get 5 A DAY worksheet)
	<p>To measure if the competency has been achieved, children should be able to:</p> <ul style="list-style-type: none">▪ eat a range of fruit and vegetables▪ eat 5-a-day▪ name a number of fruit and vegetables▪ talk about how to achieve 5-a-day▪ know how to increase fruit and vegetable intake at different meal occasions

5. Certificate

A bright, colourful certificate is provided for this age phase. The certificate can be awarded after the child has completed all the competences, or when they have successfully completed each competency area, e.g. cooking.



To support children that are aged up to **11 to 12 years**, the following resources are available:

1. Complete chart

This chart provides all the competences for the four areas. The chart is similar to a target chart, often used in schools for literacy and numeracy.



2. Individual charts

Four charts are provided, one for each competency area.

The charts are:

- Diet and health
- Shopping
- Cooking
- Food safety



3. Worksheets

Ten worksheets are provided to help support children to achieve a number of the competences. These could be used at school or at home.

- Eight tips for eating well – *looking at 8 tips for eating well*
- Food choice – *investigating different reasons for food choice*
- Compare food prices – *comparing different costs of food*
- Food adverts – *looking at food adverts*
- My food advert – *designing a food advert*
- What does a label tell you? – *reading food labels*
- Dishes from around the world – *exploring food from around the world*
- Different equipment and cooking skills – *investigating different cooking skills*
- Food safety – *keeping safe when you cook*
- Storage instructions – *keeping food safe*




4. How to achieve guide

This guide lists the competency statements that appear on the target charts and provides suggestions on how to:

- help children reach the competency
- measure if the competency has been achieved

References to the worksheets are also provided.

Example:

<p>I can explore where and how food is made and sold.</p> 	<p>To help children achieve this competency:</p> <ul style="list-style-type: none">▪ visit local farms and shops▪ set up a gardening activity, growing fruit and vegetables▪ investigate the production of different foods and how they reach us from farm to fork (e.g. potatoes, milk, pork) <p>To measure if the competency has been achieved, children should be able to:</p> <ul style="list-style-type: none">▪ name the places where food is made and sold, e.g. factories and farms or shops and supermarkets▪ understand how foods are produced (grown or made)
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5. Certificate

A bright, colourful certificate is provided for this age phase. The certificate can be awarded after the child has completed all the competences, or when they have successfully completed each competency area, e.g. food safety.



How do the charts work?

The charts provide children with a number of targets or challenges with the four themes of the FSA *Food competences*. At home or at school, they can simply be used as target or record charts.

For each of the four themes, a series of age-appropriate competency statements is listed. Under each statement, there is the opportunity for the child to show that they have attained or experienced the competency on three separate occasions. This encourages repeat behaviour and reinforcement.



The two squares and final star could be coloured-in by the child or a sticky star could be awarded. If you wish to provide additional rewards, this is at your own discretion.

Colour-in on three occasions, or award sticky stars, to indicate that the competency has been achieved.

Worksheets also help to guide and support the child's journey through the chart. The *How to achieve guide* provides additional support and guidance on how to help children attain the competences, as well as how to measure that they have done so.

How can the charts be used?

The charts have been designed to be flexible, allowing them to be used in a variety of different settings, including home, school or out-of-school clubs and societies.

Complete chart

This chart provides all the competences for the four themes on one sheet, saving on paper. As the four themes often overlap, the chart provides the perfect opportunity for greater cross-curricular work and discussion. It also shows the child all the 'targets', so that they know where they are in their own personal food journey.





The chart could be used to:

- monitor the child's food journey and progression over time
- help relate the four themes together in a coherent way
- indicate areas for further development
- celebrate achievement

Individual charts

Rather than providing children with all the competences at once, the individual charts highlight each of the four competency themes. These can be used if you would rather concentrate on a particular theme in isolation, to help children concentrate, or if your curriculum dictates, e.g. healthy eating work.

These charts can be used to highlight and undertake the following activities:

	7 to 9 years	11 to 12 years
Diet and health 	<ul style="list-style-type: none"> ▪ introduce and talk about <i>the eatwell plate</i> ▪ taste different fruit and vegetables ▪ explore teeth and dental health ▪ be active and keeping an activity diary 	<ul style="list-style-type: none"> ▪ relate <i>the eatwell plate</i> to their diet ▪ keep a food diary, showing how they are making healthier food and drink choices ▪ investigate energy and nutrients ▪ explore the needs of others
Shopping 	<ul style="list-style-type: none"> ▪ explore where food comes from ▪ help with food shopping ▪ look at food labels ▪ talk about the food I like ▪ find out what food other people like 	<ul style="list-style-type: none"> ▪ compare food prices ▪ explore where and how food is made and sold ▪ investigate advertising ▪ read and compare food labels
Cooking 	<ul style="list-style-type: none"> ▪ name and taste different foods ▪ name and use kitchen equipment ▪ help to cook safely ▪ recycle food packaging 	<ul style="list-style-type: none"> ▪ use a range of food skills ▪ cook dishes from around the world ▪ compost food and recycle food packaging
Food safety 	<ul style="list-style-type: none"> ▪ get ready to cook ▪ wash hands before and after cooking ▪ be safe in the kitchen ▪ help to put food away in the right place ▪ clean and tidy up after cooking 	<ul style="list-style-type: none"> ▪ being hygienic when cooking ▪ separate cooked and ready-to-eat foods from raw meat ▪ understand and use food labels to store food

Charts can be displayed on the classroom wall or kept by the children in their workbooks or drawers. If the charts are being used at home, they could be kept in the bedroom or on the fridge in the kitchen.

Curriculum links

The charts, along with the supporting worksheets, provide a strong platform for teaching children about diet and health, consumer awareness (shopping), cooking and food safety. The location of these areas in the curriculum will depend on where you live in the UK. The charts can also provide support to those working in pre-school settings, particularly helping with group work around food.

England

It supports the Early Years Foundation Stage early learning goals, and Key stage 1 and Key stage 2 in Design and Technology, PSHE and Science. It can also be used in other areas such as Literacy (reading and writing recipes), Numeracy (weighing and measuring) and Religious Education (looking at, tasting and cooking different foods for special occasions).

The Food route resources also support Change4Life by helping children and young people learn about a healthy diet and how they can cook healthier food, as well as asking them to consider how physically active they are. Change4Life is a nationwide movement that aims to help families eat better, move more and live longer.

You can use Change4Life to complement your existing healthy eating and physical activities. To sign up as a local supporter visit the partner and supporters section of www.nhs.uk/Change4Life.

Northern Ireland

It supports Foundation Stage, Key Stage 1 and Key Stage 2 in The World Around Us (Science and Technology, Geography) and Personal Development and Mutual Understanding. It can also be used in other areas such as Language and Literacy (reading and writing recipes), and Mathematics and Numeracy (weighing and measuring) and Religious Education (looking at, tasting and cooking different foods for special occasions).

Scotland

It supports Pre-school to P7 in Technologies, Science, Social Studies and Health and wellbeing. It can also be used in other areas such as Languages (reading and writing recipes), Mathematics (weighing and measuring) and Religious and Moral Education (looking at, tasting and cooking different foods for special occasions).

Wales

It supports Foundation Phase in Personal and Social Development, Well-Being, and Cultural Diversity; Knowledge and Understanding of the World, and Key Stage 2 in Design and Technology, PSE and Science. It can also be used in other areas such as English (reading and writing recipes), Mathematics (weighing and measuring) and Religious Education (looking at, tasting and cooking different foods for special occasions).

Acknowledgements

For more information about the Food Standards Agency's work with schools, visit: food.gov.uk/schools

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Scotland: Stenhousemuir Primary School

Wales: Waunarlwydd Primary School

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Age	Publication	FSA publication code
Age of 7 to 9	Overall target chart (A3 poster)	FSA/1325/0409
	Individual chart: diet and health	FSA/1326/0409
	Individual chart: shopping	FSA/1327/0409
	Individual chart: cooking	FSA/1328/0409
	Individual chart: food safety	FSA/1329/0409
Age of 11 to 12	Overall target chart (A3 poster)	FSA/1330/0409
	Individual chart: diet and health	FSA/1331/0409
	Individual chart: shopping	FSA/1332/0409
	Individual chart: cooking	FSA/1333/0409
	Individual chart: food safety	FSA/1334/0409

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