

food in schools NEWS



Issue 2 - Summer 2007

Welcome to second edition of the food in schools newsletter, I hope you enjoyed the first one and found it useful. We try to bring some new ideas and useful information but we also need you to let us know what is happening in your school.

We know that there a lots of interesting things going on in Sandwell Schools and we want to celebrate your successes. Please get in touch and let us know about what is happening in your school.

Is there anything in particular that you would like to know more about? Get in touch so that we can include it in the next issue.

Willingsworth school pupils have set the competition for this issue I hope you will take part. They have also reviewed one of the web sites for us this time but if any other secondary schools would like to take part next time please get in touch. Have you looked on the school food website recently? St Gregory's Primary School pupils were filmed for Teachers Television commissioned by the school food trust. The film shows how the food characters have been used successfully to enhance the dining room environment and encourage pupils to make healthier choices at dinner time. You can see the video on the trust website.

If you would like to find out more about using the characters in your school or would like to get in touch about any items mentioned above please contact:

Lynne Thompson,
Food and Heath
Adviser for Children
on 0121 612 2971 or
e-mail thompson.lynne@nhs.net



Do you skip breakfast?

Research shows that people who eat breakfast are less likely to become overweight than those who skip breakfast. Breakfast is probably the most important meal of the day because your body has fasted for 8 – 10 hours. Your body responds by slowing down your metabolic rate so your body uses less fuel/energy. Eating breakfast kick starts your metabolism so that your body begins to burn calories. If children eat breakfast before they begin school, it will set them up for the morning; research also suggests that children who eat breakfast are more alert and ready to learn.

Good choices for breakfast are: **wholegrain cereals** (not sugar coated) and **porridge**, these are good sources of carbohydrates because they release energy slowly enabling children to last longer before becoming tired. **Fresh or dried fruit** can be added to cereals and count towards your five a day as does a **glass of fruit juice** (made from concentrate). **Toast** is a good choice especially if using wholemeal bread and children don't notice when it is toasted.



Lunch Box Workshop for parents

Changing school meals is one thing but for those pupils who bring a packed lunch, recommended guidelines are not so easy to enforce. The food team are delivering lunchbox workshops for parents in primary schools. The workshop is very interactive and fun to do. Parents have an opportunity to express their views and concerns about what to give their children to eat as well as pick up some practical tips on making lunch boxes interesting and nutritious. We are also offering training to people who would like to deliver this workshop it may be an active parent or someone in the school who is particularly interested in this area. For more information contact Nicola Webster 0121 612 2971.



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Salop Drive Market Garden

in Oldbury, is a project of the local disabled people's charity Ideal for All Ltd. The garden grows a range of vegetables for sale to local households, and offers active involvement of local and disabled people in its work.



An active parent child group works on the garden, taking part in food growing, food tasting, and environmental activities throughout the year. Dorothy and her son Josh (10) and other students of Moat Farm Junior School, have taken part in a 'parent child partnership' at Salop Drive Market Garden. They now have a mini plot of their own and grow a lot of food for their family and Dorothy helps with the healthy tuck shop in Moat Farm. This is what Dorothy and Josh have to say about their experience...

Dorothy; I first heard about Salop Drive from the Moat Farm School. I got involved with the parent-child out of school activities and found it was something I was interested in and could do on my own. I look at the allotment plot now, and it's something I've achieved. Now, we eat a lot more variety of vegetables, raw carrots, peas in the pod, cucumber, sweetcorn and now with this and the healthy eating at school, Josh has lettuce, cucumber and finely shredded white cabbage.

Josh; Since I've come here I don't eat chocolate so much, I've gone off chips.

Dorothy; If we went out for a meal it was a nightmare with Josh, as he would end up eating chicken nuggets and chips but now he will eat a side salad.

Josh; I didn't eat vegetables before as I was scared of trying them.

Dorothy; He's started to eat curry with vegetables in, I cooked everything from the garden, broad beans, french beans, turnips – in a curry – he tried it and wouldn't have dreamed of it before.

Josh; I was scared I would feel sick. I've learnt how to grow a plant properly without fertiliser nuggets.

Dorothy; We've seen the ups and downs, we've lost crops...the sunflowers and cauliflowers are hard to grow. His intake inside is better, his skin is much clearer. He used to have terrible spots from all the rubbish he used to eat...now he only has chips every two weeks. If he ate any additives he was hyperactive, I've always been aware of what 'E' numbers he has.

Dorothy; I've learnt about cooking, we have experimented a lot at home cooking different things with pumpkins such as home made soups whereas before I wouldn't. Josh doesn't like tomatoes, but now tries berries, smoothies, and apples. He loves picking apples off the tree. I know his eating habits have changed since being here...we just like growing it and eating it. We all benefit from growing as it saves money for the family.

Josh; Instead of watching TV there should be more allotments, and organic places and then children could have fun and make friends and the world would be less packed.

Salop Drive Market Garden is a project of Ideal for All Ltd, 100 Oldbury Road, Smethwick, W.Midlands B66 1JE. Tel 0121 558 5555.

YUM - Healthy Eating Workshops



YUM is an exciting new company providing a range of interactive healthy eating workshops, which are now available locally. YUM offers an extensive range of workshops but specializes in working with children and young people. The emphasis in all the workshops is on health, fun and safety, at all times using techniques appropriate to the participants



ages and experience. YUM provides hands on activities, which delivers inspirational practical support through a series of educational

workshops based on healthy eating, food exploring and cooking skills.

YUM's professional chef will come to your location in his chef's whites and will equip all workshop participants with chef's hats and aprons. The YUM team will supply everything needed for a dynamic and inspirational workshop. All participants receive 'YUM I've tried something new' certificate and sticker.



For more info visit: www.yum-yum.org.uk
Or contact Jade on: 0121 544 3009,
Yum@talktalk.net

At Ready, Steady, Grow today I...

Planted some lettuce seeds, harvested and tasted some new fruit, collected my '5-a-day'... learned and played all afternoon!

We would like to invite you and your Year 4 pupils to join us in a fantastic healthy project, part of which includes a half day trip to Salop Drive Market Garden. Whilst at Salop Drive the children will participate in three health focused activities: growing, including planting seeds and learning how fruit and vegetable are grown; healthy eating, comprising talking about healthy eating, harvesting and tasting fruit and vegetables; and physical activities, including fun activities, finding their 5 portions of fruit and vegetables and healthy anagrams after hunting the letters.

The aim of the project is to encourage children to make healthier food choices. This is done by helping them to understand where fruit and vegetables come from, to try new foods and make links to healthy living in a fun and educational way.

Expo Chef CIC

Cooking made Fun, Easy & Healthy

I would like to introduce you all to celebrity chef Mark Earnden, the creator of Expo Chef, a healthy eating road show that engages with communities and young people, promoting the benefits of healthy eating in a way that is fun, interesting and stimulating.



Expo Chef, one of the first Community Interest Company's in the UK, is a pioneering concept that has been hugely successful in the North East of England. During the last twelve months Expo Chef has reached over 150,000 people in schools and communities, encouraging them to lead a healthier lifestyle and has gained support from many organisations including Local Authorities, the Primary Care Trust, Job Centre Plus, Mental Health Matters and the English Institute for Sport.

Now the show is coming to Birmingham and we would love you to be involved!

1. The certificate of achievement

They can be handed out at the end of the year to one boy and one girl who have made an outstanding effort in healthy eating. This could be what they eat for school dinners, an improved packed lunch, promoting healthy eating in school. The names should then be submitted to Expo Chef where they will be entered into a draw where the school has a chance of winning numerous fantastic prizes

2. Mark and the Dragon – A healthy eating fairy tale *For primary schools only

The story is based around Mark being the main character of the book, which offers several key healthy eating messages throughout. We will be supplying every school enough books to hand out to every child.

3. The Expo Chef poster

Again we can supply each school with enough posters for every child to receive one. The poster emphasises the "Balance good of health" message and also provides details of the Expo Chef website, which would be free to all Birmingham schools. We would also suggest using the poster on notice boards and newsletters to encourage parents to hit the website for FREE where they will find plenty of healthy eating advice, recipes, hints and tips.

4. The Expo Chef Show

If you wish to book a show then each school would have to contact Expo Chef direct on T. 0191 490 9420. There are two packages available.



EXPO Chef Community Interest Company
 Greenesfield Business Centre
 Mulgrave Terrace
 Gateshead
 NE8 1PQ
 Tel. 0191 490 9420
 Email: mark@expochef.org
 Website: www.expochef.org

Salop Drive provides the backdrop for gardening and physical activities but it also includes classroom sessions prior to the Salop Drive visit and following on from that visit so that pupils can maximise their learning potential.

The project will also put schools in contact with expert gardeners, who are happy to offer advice. So if you have an interest in starting or maintaining a growing club they can help, no matter how large or small – window boxes to allotments! Taking part in the Ready, Steady Grow project will help your school towards achieving the National Healthy Schools status and provides good evidence for Ofsted. The Programme has been designed to link in with the Key Stage 2 curriculum.

The project is run in partnership with the Food Team, Salop Drive (Ideal for All Ltd) and the Physical Activity Team and is funded by the Neighbourhood Renewal Fund.

If you would like your Year 4 pupils to take part, please contact Nicola Webster on 0121 612 2965 or by email to nicola.webster@nhs.net.



Five for life catering awards



MOVE OVER JAMIE OLIVER, SANDWELL LEADS THE WAY

Before Jamie Oliver even thought about improving school meals, Sandwell was leading the way with the Five for Life catering awards.

Sponsored by the local NHS Primary Care Trusts, the award aims to guide and support anyone who provides catering, whether that is in a school, café, community scheme or work's canteen, with the information and inspiration they need to make meals healthier and tastier.

Jevanjot Kaur Sihra, Food Development worker, explained: "The awards have been running for a number of years now and have proved very popular, particularly with schools. We are hoping to relaunch the scheme and hopefully get even more caterers on board."

The latest winner of a Gold Award is Shenstone Lodge School in Lichfield, who will receive their winner's certificate at a special assembly next week.

Head of care at the school, Mr Valdy Ozers said: "The scheme has given us the incentive we needed to improve the catering for both staff and pupils, and we have all really enjoyed being involved as well."

In order to achieve the Gold Award and help them on towards a Platinum standard the school are running schemes such as a taster days and a healthy eating week, all of which involve taking on board and acting on feedback from students.

A real effort has also been made to recycle and reuse packaging, a local farm supplies fresh produce and the school has started buying fair trade orange juice. The kitchen staff at the school has also played a key part in winning the award, providing menus with a good range and variety of healthy options.



For further information about getting involved with the Five for Life Awards contact Jevanjot Kaur Sihra on 0121 612 2966

Young people's corner

We would like to hear from any schools that are running a cooking club. This can be with children or parents or family cooking. Let us know what you are doing what works well or where you might need help. The food team can help to give you ideas for healthy recipes or we could offer a cookery demonstration as part of a food interest group. For more information contact 0121 612 2971

The BBC Good Food Magazine are promoting a get kids cooking campaign, they have set up a website (see resources & websites) with lots of useful information and recipes. The pupils from willingsworth High reviewed the web site and overall it came out well. Here is what they thought.

The web site was very good it gave me some ideas on what I could cook instead of fat food. However, some recipes looked like they took far too long to make and I think a small child would get bored. I did like the bit on the website that told you 10 ways to get kids cooking and it gives you some tips on what to do before you start cooking. On the website you can pick any food type you like, this is good for kids that don't like some foods. I really like the web site it was really interesting and it made me think there is better food to eat than burgers and chips. Review by Amy Corbett

I couldn't exactly find the hyper-link for the "get kids cooking" but I believe I got to the right section anyway. With a selection of child friendly recipes I'm pleased to say I was very impressed at the range of dishes with very good, easy to follow recipes and I believe that it is recommendable. I have enjoyed looking at them, and I have picked up a few tips myself. I believe it is a good section to the website and I am looking forward to visiting the other pages. Reviewed by Nicholas Hill

Competition

The school council decided that our competition should be about eating a healthy breakfast.

Primary schools: Design a poster to encourage children to eat a healthy breakfast.

Secondary schools: Design a leaflet to help young people to understand why it is important to eat a healthy breakfast.

Prizes awarded will be £50 to the winning school and a £25 voucher to the winning entrant from each category. Closing date is 05 October 2007. Entries to Lynne Thompson at the address below.

Recipe Time

After School Muffin Pizza

What you need:

- 1 English muffin or bagel, split and toasted
- 4 teaspoons pizza sauce or tomato puree
- 3 tablespoons shredded part-skim mozzarella cheese

What you do:

- Place English muffins on clean work surface.
- Spread each toasted muffin with 2 teaspoons pizza sauce and 1-1/2 tablespoons cheese.
- Spread with topping choices (see below).
- Place on baking sheet or place in toaster oven and bake at 350°F, for about 10 minutes or until hot and cheese has melted.

Serve with salad of your choice. As an alternative add your own toppings:

Peppers/Mushrooms/Sweetcorn
Broccoli/Ham/Pineapple/Beans

Resources Websites

www.bbcgoodfood.org

There is a lot of information on this site including what's in season; how to prepare more unusual fruits and vegetables. They also offer a get kids cooking page which is useful especially if you run a cooking club.

<http://www.eattheseasons.co.uk>

What's good to eat this week? This web site gives lots of information on seasonal produce. It is a good source of information for school projects as it links in with environmental issues surrounding food. As part of "Eatwell" Angela Blair is working closely with retailers to improve access and availability of fresh produce for local residents of Sandwell. She is promoting foods linked with this website, have you got a local shop near to your school who has signed up to "Eatwell"? There may be an opportunity to link your school with one of these shops.

<http://www.mindbodysoul.gov.uk/eating/eatmenu.htm>

This is an interactive website providing information on healthy eating, nutrition and food hygiene, based on the National Curriculum for Key Stage 4 pupils, 14 -16 year olds.

<http://www.wiredforhealth.gov.uk>

Government website providing information on healthy eating for all key stages It also includes a teachers section. Some parts are interactive encouraging pupils to discover facts for themselves.

Let us know what you think of these websites or have you found some interesting ones that you can share with us.



Food Advisor Training offered free

Food is a subject that we all know something about, we all need to eat. Our ideas about food, what is healthy and what isn't are formed by the information we pick up and receive through our family traditions our culture and the media. Is it any wonder there is so much confusion about what constitutes a healthy diet?

The problem is with so much information constantly being directed at us it is difficult to know who or what to believe and this is when messages can get distorted. We humans are very good at selecting the bits that suit us and fits in with our own ideas so we internalise these thoughts and this informs the choices we make. The food advisor training will ensure that the information you receive will be accurate and consistent, this in turn will help you to be more confident that the information you give out to children about healthy eating will also be accurate and consistent.

The governments target is to reduce the rising levels of obesity in children by 2010. Children from inner city areas are those most at risk and already have some of the highest levels of obesity in Europe. In an ideal world there would be enough food advisers to work with all the schools in Sandwell but this is not an ideal world and the only way we can make a difference is by building the capacity to deliver across the borough. Anyone can come onto the training it doesn't have to be a teacher, it may be an enthusiastic parent as long as they are willing to use the skills they have learnt to carry out activities in your school. There are 4 main components of the training, which are compulsory elements, following successful completion of these participants can choose if they wish to take further modules which may be more specific to their needs such as children and nutrition.

For more information about the training and dates available contact Emma Price on 0121 612 2962