

MY JOURNEY THROUGH FOOD EDUCATION.



Secondary school teaching - 2019 onwards



1980's Cornish dairy farm with some arable and a tourist attraction.



1990's Expowest (aged 14)



Lizzie [redacted]

30 Apr 2014 · [redacted]

Felt very privileged to be apart of the 'Food and Cornwall Conference: Developing Food Wealth' today and to be involved in discussing with other organisations/projects such an important issue within our Cornish community! It was a very inspiring day and I won't be forgetting my pledge!

With the Health Promotions Team at Charlton Manor – Food in Schools Project 2016



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PIRATE FM NEWS

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Cornwall helps beat school holiday hunger



Published by the Pirate FM News Team at 6:09pm 26th September 2017. (Updated at 6:27am 16th September 2017)

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A Cornwall cookery school has revealed how it spent the summer helping combat school holiday hunger. Little Kitchen Magicians' Summer Holiday Project has been cooking with and feeding primary school children in the Camborne, Pool and Redruth area.

Organisers say over a quarter of primary school children in the area are reliant on free school meals and pupil premium funding.

School holiday hunger is a major problem in the UK for families who usually received free school meals. Many children from low income families struggle to be fed and in some cases, meals are skipped.

So here in Cornwall, social enterprise Little Kitchen Magicians desperately wanted to support children and families. Last year they trailed a cookery workshop to support Troon Primary School children.

Due to the success of this, and the support of the local manufacturers, Little Kitchen Magicians was able to offer more food provision cookery workshops to more children this summer.

Lizzie Heath from Little Kitchen Magicians said: "We are incredibly grateful to have the support and donations from Rodda's, St Elve Free Range Eggs, Brian Eberington Meat Co, FalFish Ltd, Mr Phil Ugalde from Proper Cornish Ltd, Tesco Plus Extra store and Fowchone for these workshops. Thank you! We couldn't have done it without them! It has prevented children from going hungry".

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ITV REPORT 30 September 2016 at 12:54pm

One apple + one orange = healthy learning

A school in Cornwall has taken time out on its normal curriculum to teach a healthier lifestyle. Instead of Maths and English, pupils at St. Breock Primary School are learning the benefits of eating better food and leading an active life.

And - they're using their new found skills to teach their parents a thing or two as well.



THURSDAY 7TH NOVEMBER 10:45PM

BRITAIN'S HIDDEN HUNGER

Narrator **ROCHENDA SANDALL** Composer **CARMEN BRADFORD** Post-Production **CODA** Production Assistant **PATRICK ELLIOT**
 Line Producer **TRACEY DORAN-CARTER** Editors **SCOTT McEWING & MEL QUIGLEY** Assistant Producer **REBECCA HOGGARTH**

itv EXPLORE Executive Producer **JAMIE DORAN** Filmed, Produced and Directed by **CLARE JOHNS** clover films



PRIMARY SCHOOL (KS1, KS2)

- Small focus in the UK curriculum since 2014.
 - Learning focused on the Eatwell Guide.
 - Schools lack equipment / space.
 - Often teachers are less confident with practical skills.
 - Usually, if children do cook, it is small groups (4-6) making sweet dishes.
-
- Summer Holiday Provision Workshops

Food in Schools

Best Practice Case Studies

Budehaven Community School

Budehaven have been making tremendous progress to embed growing and cooking in the school environment. Led by the Design and Technology staff, a dedicated group of pupils have been working to transform the growing area, using their enterprising and creative skills to make a range of products to sell, and using the profits to re-invest in the garden. The passion of all staff and students involved is clearly evident, with wider impacts on all pupils, including those with additional learning needs.

Pennoweth Primary

Lizzie Heath from Little Kitchen Magicians spent half a term teaching cookery with a group of children and their parents from the Achievement for All group. As a result of the group, there was a marked improvement in behaviour, attitude and attainment, as well as parental engagement. The group learnt how to make various different meals and dishes, increasing knowledge of sourcing locally, cooking from scratch and how to cook effectively on a budget to maximise available ingredients.

Children and Young People Wellbeing / Healthy Schools Team Handbook 2015 - 16

Incorporating:
Cornwall Healthy Schools
Savvy Kernow
Youth Health Champions
C-Card Scheme



"Pupils can explain accurately and confidently how to keep themselves healthy. They make informed choices about healthy eating, fitness and emotional and mental wellbeing"
(Ofsted outstanding grade descriptor 2015)

Design and technology – key stages 1 and 2

Cooking and nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

Key stage 1

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

Key stage 2

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.



Department for Education Design and technology programmes of study (KS3) National curriculum in England

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Pupils should be taught to:

Key stage 3

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients.

Is this possible if they stop age 14?

Obesity costs the NHS £6 billion annually, a figure which is expected to rise to over £9.7 billion each year by 2050.
<https://www.gov.uk/>
Nov.22

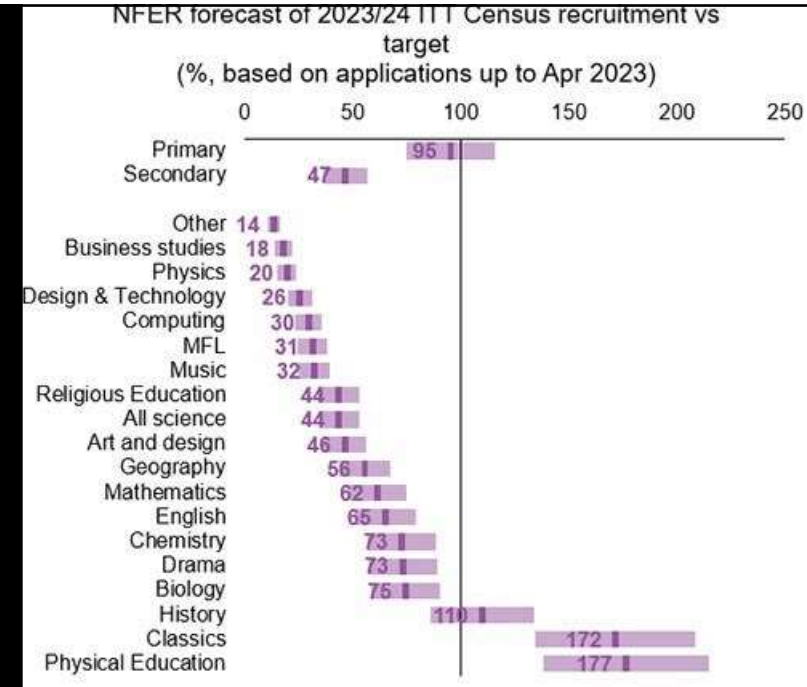
Is this possible, if there's only 6 lessons year?

COMPULSORY FOOD EDUCATION STOPS - END OF YEAR 9 (aged 14)

SECONDARY SCHOOLS

CHALLENGES FOR FOOD EDUCATION IN UK SECONDARY SCHOOLS:

- It usually comes under the umbrella of Design and Technology (D&T) although a few schools pair it with PE.
- Consequently, Textile teachers teach food or Food teachers teach Textiles.
- Either shared with D&T or rotated with other subjects – this can mean as little as 6 lessons per academic year.
- Lessons lost due to assessments, external exams, bank holidays, PSHE days or INSET days (or the fire alarm practise).
- Lessons range from 50-90 minutes.
- Non specialists teaching.
- Limited technician support.



There is apparently a D&T teacher shortage with estimated 2000 teachers needed.

	2021/22
Design and Technology - Electronics/Systems	2
Design and Technology - Food Technology	41
Design and Technology - Graphics	5
Design and Technology - Resistant Materials	18

THIS IS THE LATEST DATA

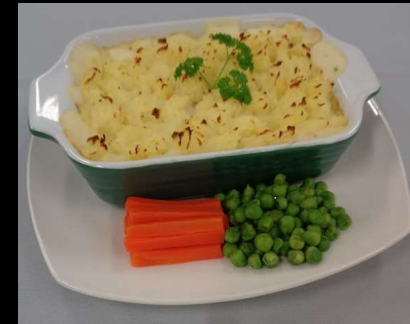
Number of teacher vacancies for 'Vacancies secondary subjects' for Design and Technology - Food Technology in England for 2021/22

<https://explore-education-statistics.service.gov.uk/data-tables/school-workforce-in->

SECONDARY SCHOOLS

CAMBORNE SCIENCE AND INTERNATIONAL ACADEMY (including sixth form)

- 2000 students
- 3 Food Classrooms
- KS3 = 70-75 minute lessons once a fortnight
- KS3 – Food & Nutrition
- KS4 – Hospitality & Catering
- KS5 – Food Science & Nutrition
- Full-time technician.
- Cooking clubs.
- Food intervention 'after-school' sessions.
- House 'bake-off' competitions.



STARTED in 2016
aged 8 years
old...
and in 2022
chose Hospitality
& Catering for his
GCSE's.



Thank you.

Contact details: heathl@cambornescience.co.uk