

BEBL ONLINE GUIDE

Better Eating, Better Learning

A New Context for School Food

A guide to getting started





Children in Scotland

every child - every childhood

Working to ensure all children and young people thrive and achieve their goals



Ensuring the best possible start for every child

Reducing inequalities in health and wellbeing



The uniting voice of the children's sector



Better Eating, Better Learning

FEEDBACK FROM THE WORKSHOPS

- Glasgow, Livingston, Perth, Laurencekirk
- Well attended Education and Catering
- The BEBL self evaluation guide - very positive
- Real value lay in collaboration teachers, catering, QIOs, children
- Being able to make the right links with education and catering and vice versa
- Sustainability – many unsure

Better Eating, Better Learning

FEEDBACK FROM THE WORKSHOPS

- Request for further workshops
- Delegates keen to see further development of material;
- BEBL's contribution to attainment a key issue
- Viewing BEBL as a journey over several years
- Need to plan for progress

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BEBL DOWNLOAD/ONLINE GUIDE

- Each section has been designed to use individually or allows the user to dip in and out according to identified local priority needs.
- It will also be updated as new material or user feedback is available;
- The resource is intended to help schools, local authorities, caterers, and education and health practitioners to support the rollout of BEBL locally.

Contents

Introduction

Who should use this resource?

How to use this resource

Run your own BEBL workshop

Video Clip Introducing 'Better Eating Better Learning' by Michael Russell, Former Cabinet Secretary for Education and Lifelong Learning

A ready-prepared all-staff briefing: Better Eating, Better Learning - the vision at a glance

SECTION 1

Practical exercise 1: What does Better Eating, Better Learning mean to me?

Video Clip: 'High 5' Case Study

Practical exercise 2: Design your own Better Eating, Better Learning Hub

SECTION 2

Video Clip: 'Understanding sustainability through school food'

Practical exercise 3: Improving sustainability through school food

Practical exercise 4: Reducing food waste

Practical exercise 5: The dining experience

SECTION 3

Practical exercise 6: Communication and engagement

Practical exercise 7: Training and CPD

Practical exercise 8: Developing a plan of action

Further information and resources

SHOULD BE USED BY

- Colleagues in leadership roles with decision-making capacities who are the driving force behind transformational change in food education and school meal provision,
- Particularly working in health and wellbeing, education, catering, procurement and community planning;
- Schools – all teaching staff, catering staff, and partners in the community who are involved in the health and wellbeing agenda, such as health promotion specialists, public health practitioners, Active school coordinators, Parent Council – to highlight how school food supports local communities.