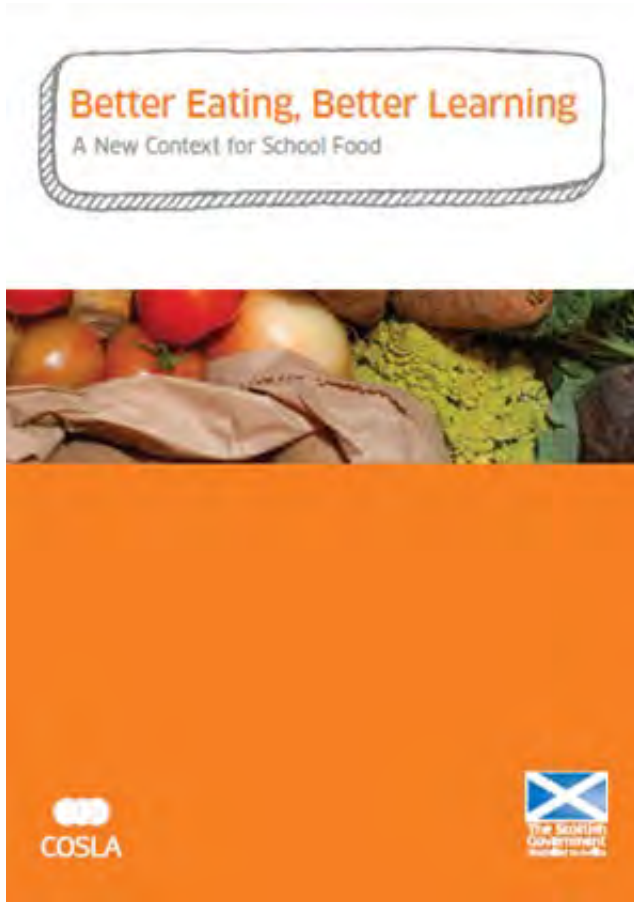


Better Eating, Better Learning

A new context for school food

Why a new context for School Food?



Aim of the review:

- To join up school food with guidance, legislation and policy introduced during the last 10 years;
 - To re-energise and re-engage education and local authorities in school food education and delivery;
- To show how school food contributes to local priorities, education and wider policy objectives;
- To drive further improvement

Why a new context for School Food?



A renewed commitment 10 years on from HfS.

Environmental challenges are driving the need for greater food sustainability.

Persistent health challenges

Setting the strategic context of school food and food education in addressing these challenges

Food and Health

Section 3 Food and Health

THE CHALLENGE: To use school food and drink and food education to drive dietary change and therefore improve the diets of children and young people. To ensure that school food is an exemplar for healthy eating, and that food education supports children and young people to make the right food choices.



- Health challenges persist.
- It is crucially important that we develop knowledgeable consumers who, through making the right food choices, will reap benefits for their own health.
- Supporting Scotland's goal to become a Good Food Nation.

Food and Learning

Section 4 Food and Learning

THE CHALLENGE: To develop the breadth and depth of children and young people's knowledge, skills and attitudes related to food: where it comes from; how it is produced; what influences food choices and preferences; and the impact that food has on health and wellbeing and the environment.



- An inspiring part of the curriculum
- Working together to support learning
- Involving parents and families
- Better Eating, Better Learning sets school food in a strategic context and shows how everyone involved in school food can have an impact
- Promoting and highlighting careers in the food and drink industry and beyond

School Food and Drink Provision

Section 5 School Food and Drink Provision

THE CHALLENGE: To ensure that everyone involved in school food provision understands the need for inspiring menus which take into account nutrition, health and environmental impacts. School food and drink provision should reinforce children and young people's learning, enabling them to make good food choices that will continue into adulthood.



- Behaviour change that supports our health and environmental goals
- Championing fresh, seasonal, local and sustainable produce
- knowledgeable about food source and ethical considerations
- Inspiring future generations who are proud of, and contribute to, Scotland's ambition as the 'Land of Food and Drink'
- Transformational change

The Dining Experience

Section 6

The Dining Experience

THE CHALLENGE: To create an experience that encourages positive social interaction in an environment that children and young people choose to use, enjoy and look forward to.



- The dining room [and kitchen] meets the classroom.
- The dining experience is about more than just the food and drink served.
- Schools who work closely to plan the dining experience in partnership with catering staff.
- A pleasant dining space which offers quality food.

Sustainability Through Food

Section 7 Sustainability through Food

THE CHALLENGE: To find practical ways to supply the school meal service with healthy, fresh, seasonal, and sustainably grown food. To use school food as an entry point for young people to learn about the impact of food choices on individual health and the environment, and to understand their role in the conservation of natural resources, food waste and recycling.



- School food as an entry point to understand sustainable living.
- Secure the best value for money while pursuing Scotland's wider social, economic and environmental need.
- Overcoming barriers to sustainable procurement.

Training and Support

Section 8 Training and Support

THE CHALLENGE: To provide all teaching and catering staff involved in school food provision and food education with the support and opportunity to undertake professional training which enables and motivates them to maximise opportunities to teach children and young people about the relationship between food, health, and the environment.



- The quality of school meals is higher in schools where the catering staff are well trained.
- To bring about transformational change there needs to be a strategic approach to training that embraces the whole school approach and brings teaching, catering and other staff or stakeholders together.
- The Scottish Government have committed to facilitate training opportunities for catering and teaching staff so that they can develop the skills and confidence they need to deliver excellent school food and food education.

Communication and Engagement

Section 9 Communication and Engagement

THE CHALLENGE: For schools and local authorities to successfully promote exemplar school food provision and food education to all of their stakeholders. To promote the benefits of healthy choices to encourage support from parents, carers, children and young people, teachers, caterers, health professionals and other stakeholders.



- Communicating with children and young people – they are consumers in their own right
- Engagement of children and young people in menu planning
- The wider community can be involved too, depending on the issues

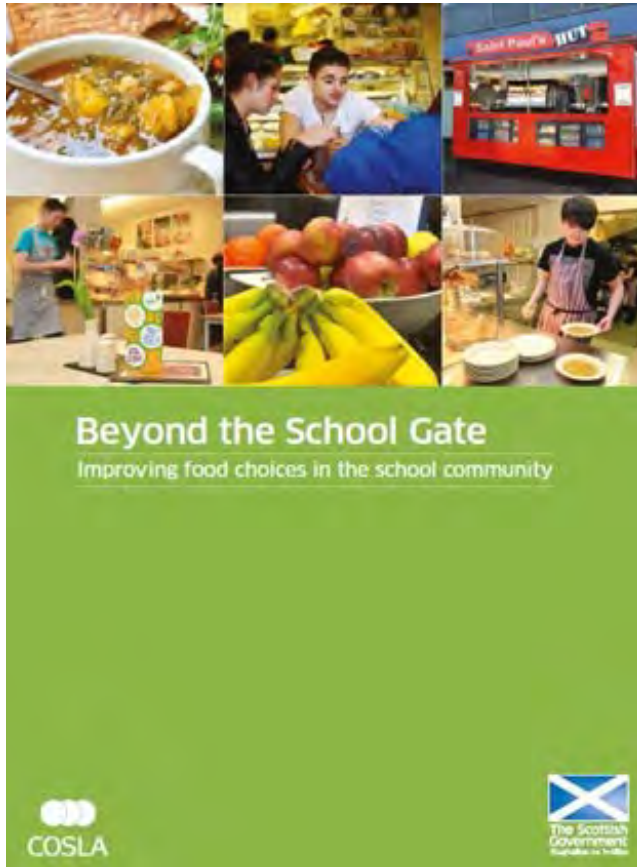
Self-Evaluation Tool

- Intended to support partners to collectively review what has been achieved and jointly agree what needs to be done next for further improvement.
- Intended to be fed into school improvement plans.
- Children and young people have a key role to play with this – development of pupil voice.

Can be downloaded from the following link:

www.scotland.gov.uk/bettereatingtool

Beyond the School Gate



- Sets out ways that shops, schools and local authorities can play their part in offering healthy choices.
- The guidance includes a self-assessment tool to help partners consider their role, recognise positive work already underway and identify what more can be done.

www.educationscotland.gov.uk

Resources to support Better Eating, Better Learning on Scottish Government website:

<http://www.scotland.gov.uk/Topics/Education/Schools/HLivi/schoolmeals/Resources>