



Riverside Primary School Food Education Policy – Updated November 2019

In 2014 the Scottish Government published a national food and drink policy, [Becoming a Good Food Nation](#), which set out a vision for Scotland: that by 2025 Scotland will be “a Good Food Nation, where people from every walk of life take pride and pleasure in, and benefit from, the food they produce, buy, cook, serve, and eat each day.”

At Riverside Primary School and Nursery, we continuously work towards this aim through the food and health education that we deliver. We regularly plan for and implement high quality experiences to improve our learners’ knowledge, understanding and attitudes towards food and health and to equip them with the skills to work with, prepare and enjoy food.

Our Food Journey

We are proud to have been the recipients of three Education Scotland ‘Food for Thought’ grants. These have greatly supported us in getting started and developing our food journey at Riverside Primary. Examples of how we have used the funding include; setting up and launching our Studio area; designing, publishing and marketing a ‘Riverside Breakfast Cookbook’, replenishing and upgrading our cooking equipment with the addition of portable cooking trolleys and purchasing tools and equipment to allow our ECO group to grow and harvest food within our school grounds.

A number of our whole school focus weeks have been dedicated to ‘Food and Health’, including, Food and Technology Focus Week (2014) and Teach the Bairns to Cook (2015). On a range of occasions we have also provided challenges and opportunities across our school to work with different foods and equipment linking with seasonality and availability, e.g., to make the best use of a bumper crop of apples from our school orchard.

Subsequently, our work around ‘Food and Health’ has previously been recognised by Education Scotland and Food for Life Scotland and we were invited to share our practice at the Scottish Learning Festival and the Scottish Parliament.

The Studio

Our studio space is equipped to allow groups of children to participate in food preparation, cooking and baking lessons. We aim to provide at least one experience per term for each class, often linking food experiences with different contexts across the curriculum.

The studio is also organised to allow groups of children to participate in other learning activities when some of the class is cooking. There is a selection of food and health related games for pupils to engage with.

Each class creates a class charter for using the studio safely and effectively before embarking on their first cooking experience each session.

The studio is equipped with a fire blanket, break glass fire alarms and smoke detectors. There is also a first aid kit and first aid procedures are clearly displayed.

We also have two portable cooking trolleys, which can be moved into classrooms or communal areas to be used.

Each session, we host a number of community cafes. Pupils play a pivotal role in planning, organising and hosting these events. We invite parents/carers and other visitors from our local community.

All staff responsible for ensuring studio and portable equipment are kept in good order and for reporting any faults the school janitor or a member of the Senior Leadership Team.

Our studio space is also used by the school nurture groups and the Gaelic playgroup.

This food preparation and cooking skills progression has been adapted from the Focus on Food - Skill Up, Start Cooking Pack (http://focusonfood.fudgetechnical.co.uk/resources_equipment).



Working with Our Catering team and Other Food Partners

At Riverside PS, we value and work closely with our catering team. When possible, pupils work with the catering staff to prepare and cook food, e.g., as part of the P5 Burns' Supper. We also include catering staff in planning and implementing food focused events in school, e.g., food technology focus week.

Our school kitchen and catering team have been awarded the Soil Association Scotland Silver Food for Life Catering Mark.

Parental Involvement

We value and work to build upon the range of knowledge, skills, experiences and attitudes around food and health that our pupils bring from out with school. We celebrate diversity and are keen learn from the families in our communities.

We ask parents/carers to make us aware of any food allergies or intolerances that children may have to ensure that we can cater for these at our school events, as required, e.g., parties and celebrations. Class teachers also make use of this information when planning cooking, baking and food preparation experiences with their classes and/or pupil groups.

A copy of this policy and our skills progression planner is available on our school website under the 'Information for Parents' section.

Further guidance and examples of activities to develop an understanding of and interest in 'Food and Health' at home can be found at Parentzone Scotland: <https://education.gov.scot/parentzone/learning-at-home/supporting-health-and-wellbeing/Food%20and%20health>

Further Support Materials, Resources and Key Documents:

- ❖ Education Scotland: Food and Health: A Summary of Food Education Resources (November 2018): <https://education.gov.scot/improvement/learning-resources/hwb42-food-education-summary>
- ❖ Education Scotland: Food Education: Good Food Skills (including skills demonstration videos) (October 2018): <https://education.gov.scot/improvement/learning-resources/hwb51-food-education-good-food-skills>
- ❖ Food Standards Scotland: Feeding Minds (October 2019): <https://www.foodstandards.gov.scot/education-resources>

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