

# Downham Nutrition Partnership

## Planning Summer Activities?

Before time slips away, now is the time to start planning your summer food-related activities. Many schools arrange "Health Weeks" or "Science Weeks" for the summer term. What are you going to do?

There are many resources and national activities you can use!



### Active Kids Get Cooking

It's not too late to enter the Active Kids Get Cooking 2007. This year it focuses on children cooking a delicious and nutritious school lunch. It's open to all schools throughout the UK, resulting in regional winners, who are in-

cluded in a national event.

The winning primary and secondary school receive £500, while the runners-up receive £100. See [www.activekidsgetcooking.org.uk](http://www.activekidsgetcooking.org.uk)

### National School Grounds Week

Get outside during 11-15th June and celebrate the opportunities that outdoor spaces can provide. The theme this year is Small Steps to a Sustainable Future.

Why not visit Downham Nutrition Partnership's allotments?

See [www.ltl.org.uk](http://www.ltl.org.uk) to register for free resources

### Year of Food and Farming in England

September 2007 will mark

the beginning of Food and Farming in England. Who is likely to be involved? What is going to happen? What does it mean for schools? See [www.defra.gov.uk/schools/yff.htm](http://www.defra.gov.uk/schools/yff.htm)

### Fruity Friday

World Cancer Research Fund are planning Fruity Friday for the 25th May. Factsheets, posters and plenty of ideas are available when you register at [www.fruityfriday.org](http://www.fruityfriday.org)

### Downham Nutrition Partnership

We have a fully qualified Nutritionist who is able to come into your school or help with further ideas and resources during the summer.

Good Luck with whatever you decide to do! And please let us know how you get on!

### School Fruit and Vegetable Scheme Findings

The 5 a day Programme evaluations have recently been published, with some interesting findings.

Every KS1 pupil is eligible for a free piece of fruit or veg every day. But what effect has this had?

- Children are likely to eat more fruit since participating in the scheme
- Girls (but not boys) are likely to eat more veg since participating in the scheme
- Children ate more fruit when it was provided by the scheme, but consumption decreased again when they reached KS2

### Vegetable Quizzes

[www.thinkvegetables.co.uk](http://www.thinkvegetables.co.uk)

Are you teaching about the importance of healthy eating?

There are some great downloadable quizzes for KS1 and 2 and also some flash cards



## Food a Fact of Life

If you haven't already looked at this brilliant website, then please do! It provides some great resources for you to use.

[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

The most recent items to be added are;

### Cooking and Food Skills

Provides detailed support and guidance for primary

schools about establishing and promoting cooking activities with children. It includes worksheets, interactive activities and videos.

### Food Bingo

Downloadable cards are available in order to play. The activity is designed to help children learn to name

and identify a range of ingredients

### Supporting pupils with Special Needs

The website provides resources for all ages and abilities. Online you will find photographs, powerpoint presentations and videos on a range of topics





Looking Good, Feeling Fine!

## DOWNHAM NUTRITION PARTNERSHIP

Downham Way Family Church,  
20 The Green  
Downham Way  
Bromley  
BR1 5LS

Phone: 0208 697 6424  
E-mail:  
Laura.dnp@btconnect.com



**Rangefield School** have been enjoying Downham Nutrition Partnership's allotment site on Kendale Road in Downham this spring. Over recent weeks, Year 3 have been tending their own plot while learning about "growing" as part of the curriculum. During the Easter holidays a number of the children (and parents) have been tending their area; spending time being active in the fresh air. **Would your school like a plot at the allotment site?** There is plenty more space, and a keen gardener there to give advice and tips

## The Farmer's Choice



There are few places in Downham where local people can buy healthy food. Food access clearly has a knock-on effect on people's diets and therefore their physical and mental health.

Abel and Cole (see [www.abel-cole.co.uk](http://www.abel-cole.co.uk)) have been delivering fruit and vegetable boxes to people's homes for years, but more recently have developed a non-profit scheme whereby

parents are able to buy fresh, organic fruit and veg bags from their local school when they pick-up their children. Orders are simply placed the week before for a ready-prepared bag to be picked-up the following week. Prices start from £5

There are now over 200 schools participating (mostly in south London) and feedback has been brilliant.

Not only are parents able to buy their fresh organic fruit and vegetables, but the **school is able to make money from the scheme** (with no initial start-up or running costs) as 25% of what parents and teachers spend goes straight to the school.

Interested? Downham Nutrition Partnership would be keen to support your school start-up this scheme—please contact us for a chat



This is such an easy and healthy way to raise money for the school; the produce is high quality, seasonal and comes with great cooking suggestions. So what's the catch? There isn't one!

Jenny Thomas, Macaulay Primary School, Clapham