



Living Well Schools – Eco Councils – Pupil Voice - Eating Well (free resources)

Introduction

This document has been created to support schools with their Eco Councils (or similar) through the lens of the Living Well Schools key priorities 'Pupil Voice' and 'Eating Well'. These free and engaging activities can help spark curiosity and inspire action through thought-provoking discussions around climate change, sustainability and more.

What is Pupil Voice?

Building a culture of children and young people expressing views and actively participating in decision-making processes ensures that their needs and perspectives shape future practice. This fosters a sense of shared ownership and responsibility towards their health and well-being.

What is Eating Well?

This priority helps enable school leaders to build a culture of Eating Well within and beyond the school day, focusing on the provision of high-quality food, education, and messaging. Adopting a holistic approach to school food and nutrition will also include tackling food insecurities for children and families, supporting the community to access the support they need and reduce the associated barriers to learning. With a focus on the farm-to-fork process through growing & cooking in school, all children and young people will be afforded opportunities to develop positive relationships with food through enriching experiences, whilst embedding a culture of sustainability.

Pupil Voice through Eating Well lens

Does your school have an established School Nutrition Action Group (SNAG) or similar, to represent and communicate the diverse views and experiences of all pupils regarding nutrition related topics, including school meal improvement, dining room experience and sustainability?

Does your school offer food leadership opportunities to all pupils to encourage engagement and self-development within good food and nutrition?



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ProVeg UK

Canteen to Classroom

This education programme teaches children about the food they eat: where it comes from, how it is made, and its impact on our health and the planet. Each of their 24 lessons is aligned to the national curriculum and 'ready-to-go' and come with an evidence-based plan, engaging presentation and additional resources.

The key benefits of the Canteen to Classroom programme include:

- Experiencing, celebrating, and having fun tasting fruit, vegetables, and other plant-based foods.
- Understanding the health benefits and importance of eating more plants.
- *Gaining a greater awareness of food waste and the ways that we can feed our increasing population nutritiously and sustainably.*
- Increasing knowledge of where our food comes from and how it ends up on our plates.
- *Assessing the impact of making sustainable food choices.*
- *Empowering children to make informed choices about food and the positive steps they can take in their own lives, as well as that of the community and the planet.*
- *Engaging the next generation in debates around big topics such as the future of our planet and climate change education.*

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Website: [Canteen to Classroom - ProVeg UK](#)



Rethink Food

Eco club & Eco Club Vocabulary

Welcome to the Eco Club, designed to spark curiosity and inspire action, it focuses on environmental awareness, sustainability, and positive change. With engaging activities and thought-provoking discussions, this programme empowers students to learn about reducing waste, sustainable eating, and the environmental impact of food choices.

What's Included?

The *Agents of Change* programme offers a comprehensive approach to environmental education, tailored to Eco Clubs:

- **6 Interactive Videos:** Dive into topics like climate change, greenhouse gases, renewable energy, and more. These videos introduce complex ideas in an age-appropriate and engaging way.
- **Downloadable Resources:** Each video is accompanied by hands-on activities and creative challenges to help students explore solutions and take practical action.

Benefits of Using Agents of Change in Your Eco Club:

- **Empower Students:** Equip them with the tools and knowledge to take meaningful steps towards sustainability.
- **Promote Teamwork:** Collaborative missions and discussions encourage peer learning and problem-solving.
- **Drive Positive Action:** Inspire students to lead initiatives within the school and beyond, fostering eco-friendly habits in the wider community.

Join the movement and transform your Eco Club into a hub for change with *Agents of Change*!

Website: [ECO Club – Rethink Food – Food Education](#) & [Eco Club Vocabulary – Rethink Food – Food Education](#)

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Planet Pizza Challenge

Planet Pizza – is an engaging, **educational resource that connects food choices to climate change!** This video is designed to inspire and empower students to make decisions that are beneficial for both people and the planet.

Rethink Food and the University of York have **launched a food and climate change-themed school resource**, Planet Pizza and you're invited to take part!

Planet Pizza is an investigative resource designed to inspire and empower the next generation to make food choices that are good for people and the planet.

Thanks to our associated project partners including [Take a Bite Out of Climate Change](#), [Transforming UK Food Systems Programme](#), [FixOurFood](#), and the [AFN Network+](#) (UKRI Agri-food for Net Zero Network+).

CAN YOU CREATE A CLIMATE FRIENDLY PIZZA?

Here's what you can expect from Planet Pizza:

- **Engaging activities and resources to spark conversations about sustainability and climate action.**
- **Interactive discussions about the environmental impact of food options.**
- **Hands-on learning experiences to explore the concept of sustainable food choices.**
- Opportunities for learners to take action and make a positive difference in their communities.

Click [here](#) to access our Teacher Tutorial.

Everything you need for the activity can be found on the link below, just download the links and get going!

Website: [Planet Pizza – Rethink Food – Food Education](#)

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Food - a fact of life

Sustainable healthy food - NEW!

Launched a suite of resources to support teaching and learning around sustainable healthy food. Sustainable food is good for the planet and for us. This considers not only the environment, but also nutrition, and socio-economic factors such as affordability and accessibility.

The government's [sustainability and climate change strategy](#) (updated December 2023) states that **all children and young people should learn about the natural environment, including the importance of sustainability**. Food and nutrition, particularly at GCSE or equivalent level, has been identified as **providing opportunities for pupils to be taught about the environment and sustainability, in context**.

Educating children and young people about **sustainability through the context of food and nutrition helps them understand the environmental impact of food production while encouraging actions like reducing waste and eating seasonally**. It equips them with life skills, including meal planning and critical thinking, **to make informed, ethical, and health-conscious decisions that support both local and global communities**. This knowledge prepares pupils to address future challenges, contribute to sustainable practices, and act as responsible citizens.

The key learning objectives/intent around sustainable healthy food, for each age phase, are:

- Some foods can be good for us and the planet. (3-5 years)
- Sustainable food is good for the planet and for us. (5-7 years)
- Sustainable, healthy food is good for the planet and our health. (7-11 years)
- Sustainable healthy diets are good for the planet and human health. They should balance nutrition, environmental sustainability and socio-economic factors, e.g. affordability. (11-14 years)
- Sustainable healthy diets are good for the planet and human health. They should balance nutrition and environmental sustainability with socio-economic factors, e.g. affordability, accessibility and cultural acceptability. (14-16 years)

Website: [Sustainable healthy food - Food A Fact Of Life](#)



Food for Life

Learning & Skills Hub: Climate

Climate Change

[Climate Change Explained \(PDF\)](#)

- What is climate change?
- Causes of climate change.
- Why does climate change matter?
- Effects of climate change.
- How can we help?
- Climate and food:
 - How does what we eat impact the climate?

[Climate Change Activities \(PDF\)](#)

This resource is designed to **raise awareness of climate change, the effects of climate change and how this might impact the food we eat**. We recommend reading the 'Climate Change Explained' document beforehand to familiarise yourself with the terminology. The activities can be done together, or you can pick and choose the activities best suited to the group (eco council).

1. **Discuss what we mean by 'climate change'.**
2. **Look at Extreme Weather Examples and display pictures of climate change effects.**
3. **Walking in someone else's shoes - Role Cards**
4. **Fill in the Problem and Solution Trees to display in the school:**
 - a) Fill in the Problem Tree – this can be done as one group or in smaller groups
 - b) Discuss what we can do to help tackle these problems of climate change and fill in the Solution Tree – this can be done as one group or in smaller groups
5. **Discuss how the SNAG (eco council) can share their new learning on climate change with the rest of the school to raise awareness, such as:**
 - Assembly

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- Competition to waste fewer of our resources (electricity, paper etc)
- Celebrate theme days and think of new activities to raise awareness (World Food Day / Earth Day)

Food Miles

[Food Miles Explained \(PDF\)](#)

- What are food miles?
- What is a carbon footprint?
- Why is this important?

[Food Miles Activities \(PDF\)](#)

These activities are designed for your SNAG (eco council) to learn about food miles and what their own 'food print' might be. This is to encourage the group to become more aware of food citizenship and have a deeper understanding between climate change and the food we buy to eat. The activities can be done together, or you can pick and choose the activities best suited to the group.

Learning outcomes:

- To understand where food has travelled from
- To understand how food has travelled and the impacts of this
- How to choose more sustainable food that is good for the planet

Website: [Climate | Food for Life](#)

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Soft Plastic Recycling

E.g. crisp packets

The UK consumes about 6 billion crisp packets yearly, posing a significant plastic waste challenge. Your school could create a recycling programme to offer a solution to this environmental issue. It focuses on soft plastic recycling to reduce waste and boost sustainability.

Some examples of food packaging materials/food-related soft plastics:

- Crisp packets
- Salad bags
- Fruit and vegetable packaging
- Flexible pouches
- Pet food pouches

How can your school get involved?

1. Collect your soft plastics, such as empty crisp packets (no crisp packets can currently be recycled at home/schools in Bradford).
2. Find a public collection point (80% of UK households are within four miles of one)
3. Get recycling.

Website: [Soft Plastic Recycling - Co-op](#)

Website: [TerraCycle](#) – recycle at a school

Website: [Recycling Locator | Recycle Now](#)

Website: [Tesco Crisp Packet Recycling: What You Need to Know](#)

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British Nutrition Foundation

Healthy Eating Week 2024 – Primary: Reduce food waste

Aim for the right amount when you shop, cook, and eat. In the UK, households are responsible for 70% of UK food waste. According to Waste and Resources Action Programme (WRAP), the three most commonly wasted food are fresh potatoes, bread and milk. **So much goes into producing our food - water, energy, land, and transport. Reducing the amount of food we waste is therefore important to make diets more sustainable, helping us save money but also helping to save wasting the planets resources.** We can all make small changes to reduce our food waste!

KEY ACTIVITY: Food waste survey

Give children copies of the [Food waste survey](#) to complete at home/school. Ask the children to report back about what they find and actions their family/school can take in the future.

Provide children with copies of the [Food waste or food wasted? sheets](#) and task them to cut out the foods and sort them into food waste or foods that have been wasted. Challenge your pupils to think about what they eat during the day and how they could reduce any food waste. They could create and display posters to share their ideas.

For further [Reduce food waste](#) information and resources, see the [Primary Guide](#).

Website: [Healthy Eating Week 2024 - Primary](#) (scroll down to 'reduce food waste' section).

Case Studies

Skelton Primary School learn how to reduce food waste: [CFP case study 2](#)

St Mary's Catholic Primary School Inspiring Eco Warriors: [Inspiring Eco Warriors - Leicestershire](#)

Food for Life Schools Award - 'B3.2 Our pupils have the opportunity to grow and harvest food and make compost'.

Examples from inner city Bradford primary schools:

- *As part of our rethink food topic, we have a hydroponic growing system that each class is in charge of, each half term. This is to show children how we can grow food when we have little access to outside space. Year 3 grew various lettuces and harvested them to make salads. We also have an outdoor garden where we plant herbs and these are used by the chefs in cooking school lunches or cooking activities.*
- *All the children in our school take part in planting/ growing. We have a designated area for this. Once the vegetables/ fruits are grown and picked by pupils they are then used by the cooking teacher or the kitchen team and enhance pupil's intake in trying extra fruits and vegetables. Growing/ compost activities link in with other subjects too such as:
a) science - parts of a plant
b) PSHE- healthy living and recycling
c) P.E. - gardening as a physical activity
Children have planted carrots and peas and then used these vegetables to make a stew linked to Indus Valley topic. The children used the outdoor firepit to cook their stew. Every class in our school has their own individual compost bin. Once full the bins are taken outside to the main compost area and disposed of there.*
- *Y1-3 and Y4-6 gardening clubs led by Hazel Dow from Hale Charity and Hiba Senusi (teaching assistant) meet twice a week to grow and harvest plants in beds in KS1 and within the Peace Garden. Current crops are potatoes (photo shown of Peace Garden). Previous crops include squash used for Halloween (picture with Lord Mayor). Growing plants is within Science - children have opportunities to grow from seed eg Y2 sunflowers and YR beanstalks. Also linked in EYFS to fairy tales - eg The Enormous Turnip and Jack and the Beanstalk. Allotment pictures show a range of crops being grown and our composting area.*
- *We have grown chives in our school garden that we used in our couscous salad that we made as a savoury dish in our club called Food Explorers. We have harvested strawberries, lettuce, garlic, onions and chives. Year 4 have linked this to DT in the spring curriculum guide. E.g*

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Use a wide range of tools and equipment to perform practical tasks accurately (i.e. gardening, growing and cooking) Understand the principles of a healthy and varied diet. Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed. This also links to our after school clubs like gardening club and Food Explores Club. The compost will be used for our year group planters which have been made to stand outside each year group door so that children can talk about the plants that will be grown and how to take care of them.

- Our pupils have the opportunity to not only learn about plants, food and growing but they take part in these activities. We have a first school and this year we have secured some funding to create an orchard. We will be growing 10 fruit trees and 7 fruit bushes. We have started the process by planning the site. This September we will be taking part in juicing activities and this winter the orchard planting will begin. At the moment we have a plum tree that we planted just before covid, this tree is special for our school as it was planted in memory of a pupil who lost her life to cancer. Our pupils have taken part in growing and learning about potatoes. Our y2 students planted cress and early years broad beans. We give opportunities for children to learn about where their food comes from and how to grow it. Our pupils take responsibility to water and look after their own growing projects. Overall our growing journey has started well. Next academic year we have many more plans for each class to look after the orchard as well as grow, harvest their own fruit, veg or herbs.*

Website: [Case Studies | Food for Life](#)