

GROWING AND COOKING.
DEVELOPING A HEALTHY ETHOS INSPIRING
LEARNING FOR LIFE



Charlton Manors approach to Learning through Health and well-being

THE EATWELL GUIDE

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy (kcal)	Fat (g)	Saturated fat (g)	Sugars (g)	Salt (g)
12%	LOW	LOW	HIGH	LOW

of an adult's reference intake
Typical values (per 100g) 100kcal 100kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day
Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Oil & spreads
Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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A great deal of food, flavour and tastes

IT STARTED WITH A SPACE



OUR SECRET GARDEN BEFORE...

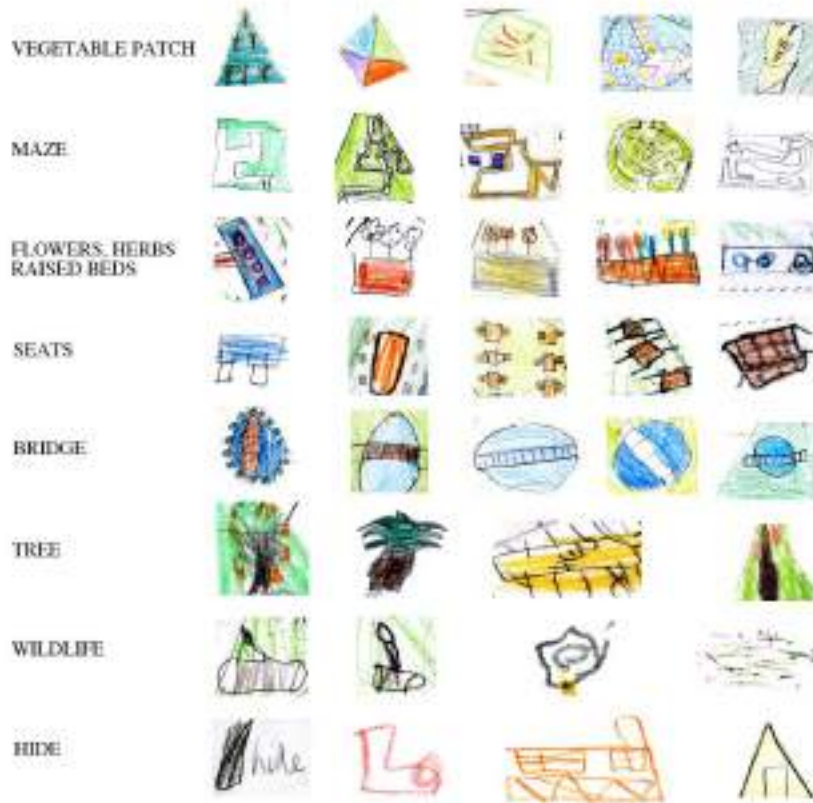


INVOLVING CHILDREN EARLY

- They wanted a garden
- They were interested in food growing
- They wanted to be more informed about healthy choices.

CHARLTON MANOR PRIMARY SCHOOL

CHILDREN'S WISH LIST



THE DESIGN

- Children's ideas.
- Look at gardens.
- Think about habitats.
- Think about food growing.
- Think about creating interest.
- Think about a place to be.

THE FINISHED PLAN



VIEW OF GARDEN WITH STYLIZED LAWN



VIEW OF TRELLIS AND GARDEN TRELLIS AREA



VIEW OF BENCH AND STYLIZED LAWN BY GARDEN



VIEW OF ENTERTAINMENT AREA



- KEY
- WOODEN LAWN AND TRELLIS
 - SMALL PAVILION PLANT
 - BENCH
 - GARDEN WALKWAY TERRACE
 - WOODEN GATE
 - WOODEN GATE TERRACE
 - WOODEN GATE TERRACE
 - WOODEN GATE TERRACE
 - WOODEN GATE TERRACE

DATE: 11/14/21

PROJECT NO: 11111	DRAWING NO: 11111.2
PROJECT NAME: 11111	PROJECT NO: 11111
PROJECT ADDRESS: 11111	
PROJECT CONTACT: 11111	

PROJECT MANAGER: 11111



...AND THEN THE GARDEN
BECAME A REALITY.



THE GROWING. A SECRET GARDEN



Using the garden provides many opportunities for measuring, shape, area, perimeter, volume, symmetry as well as English creative writing, following instructions, formal letter writing, persuasive writing, As well as Science, foundation subjects. Children also work as a team constantly risk assessing, problem solving and are also encouraged to make ethical decisions.



MANY LEARNING EXPERIENCES



HEALTHY EATING



Supplying the Kitchen



MATHS AND LITERACY PLAYS A BIG PART IN THE GARDEN



Working out a business plan to sell the fruit and veg.

- Buying and selling
- Weighing and measuring

Persuasive writing

- Advertising
- Marketing
- labelling





- Area and circumference.
- Distance.
- Ratio.

- Business plan
- Pricing
- Research





- Recording and observing.
- Note taking
- Diary entries
- Instructional text

- Capacity
- Volume
- Real understanding of weight.

ICT ALSO SUPPORTS LEARNING IN THE GARDEN



WEATHER STATION



Low light and time-lapse garden
cam



Bee cam

Henri-Le-Worm



An interactive app.
Designed to educate
children about healthy
food growing and
cooking

THE GARDEN ATTRACTED THE INTEREST OF MANY

BBCs I can Cook



BBCs Newsround



Sporting Legend Colin Jackson

Channel 5s Milkshake are regular visitors



CHANNEL 5



DEVELOPING THE WHOLE CHILD



- Feeling Proud
- Sense of achievement
- Engagement

- Working together
- Nurturing



- A place to think
- A place to focus

- Take on responsibility
- To be relied upon





- For all ages and abilities
- To have FUN



CHICKENS ADD A NEW DIMENSION



- Observe, listen, touch, explore.
- Discover and understand.

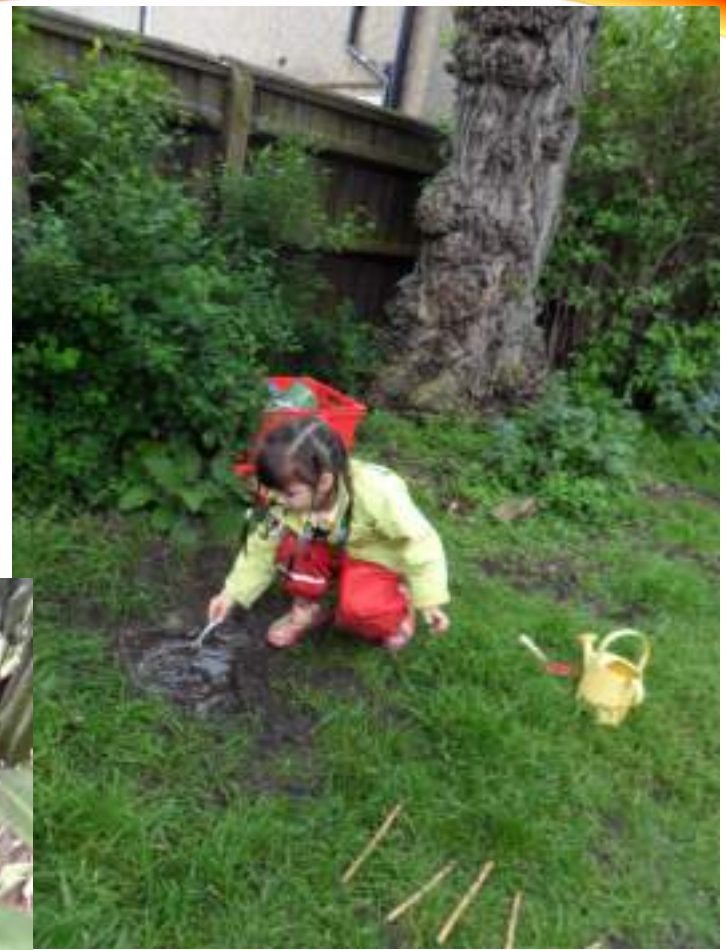
- Develop ideas
- Create
- Discuss
- Experience



HAVE A GO, TAKE RISKS



What happens if?
Can I?



What is this like?
What's through here?



How does this feel?



I know



How high can we
climb?

TEACHING THE THREE RS

- Respect
- Responsibility
- Reliability

LAUNCH OF THE FREE BREAKFAST CLUB



VISIT FROM PENNY



INTERVIEWS WITH THE STARS



THE BEES ARRIVE AND CAUSE A BUZZ



Again a new learning experience for all

BEE KEEPING? CHILDREN?



BUILDING FRAMES



Weekly inspections



HONEY EXTRACTION



Weighing it up



HONEY?



HONEY



CONSERVATION

- Children understand that the eco system is delicate.

All bees:



Estimated
1/3 of food
is pollination
dependent



Make 6,000
tonnes of honey



Pollinate **70**
types of crop



Contribute
£400 million
to the economy

A colony:



Pollinates
4,000 m²
fruit trees



Makes avg
14kg
of honey



Contains
50,000
bees

ATTITUDES CHANGED. THE NEXT SWARM WAS DEALT WITH BY PUPILS.



Developing confidence



PUPILS SET UP ECO BUSINESS WITH SUPPORT FROM LLOYDS



Making honey money

PRESENTING TO LORD JIM KNIGHT



Including local MP, Mayor and a councillor

Jim Knight officially opens first shop 'Sweet Pickings'



LINKING WITH A LOCAL FARM TO INCREASE OUR PRODUCE



WITH OUR COMMUNITY GARDEN



Polytunnels help us to grow year round

COMMUNITY HELP WITH GARDEN



COOKING OUTDOORS



Our wonderful outdoor kitchen

REAPING THE REWARDS OF THEIR WORK



The produce ready to eat, cook, sell in the shop or.....

AN OPPORTUNITY FOR COMMUNITY ENGAGEMENT AS WELL AS ENTERPRISE

Negotiations
with a local Restaurant



SWEET PICKINGS ENGAGING WITH THE COMMUNITY



SELLING THE PRODUCE

Selling our produce at the Summer Fair



New brick built shop officially opened by local MP



LOTS OF PRODUCE



SELLING AT BOROUGH MARKET



FUN WITH FOOD



JOURNEY TO CHELSEA



Loading the van



LEAD SCHOOL IN A GARDEN



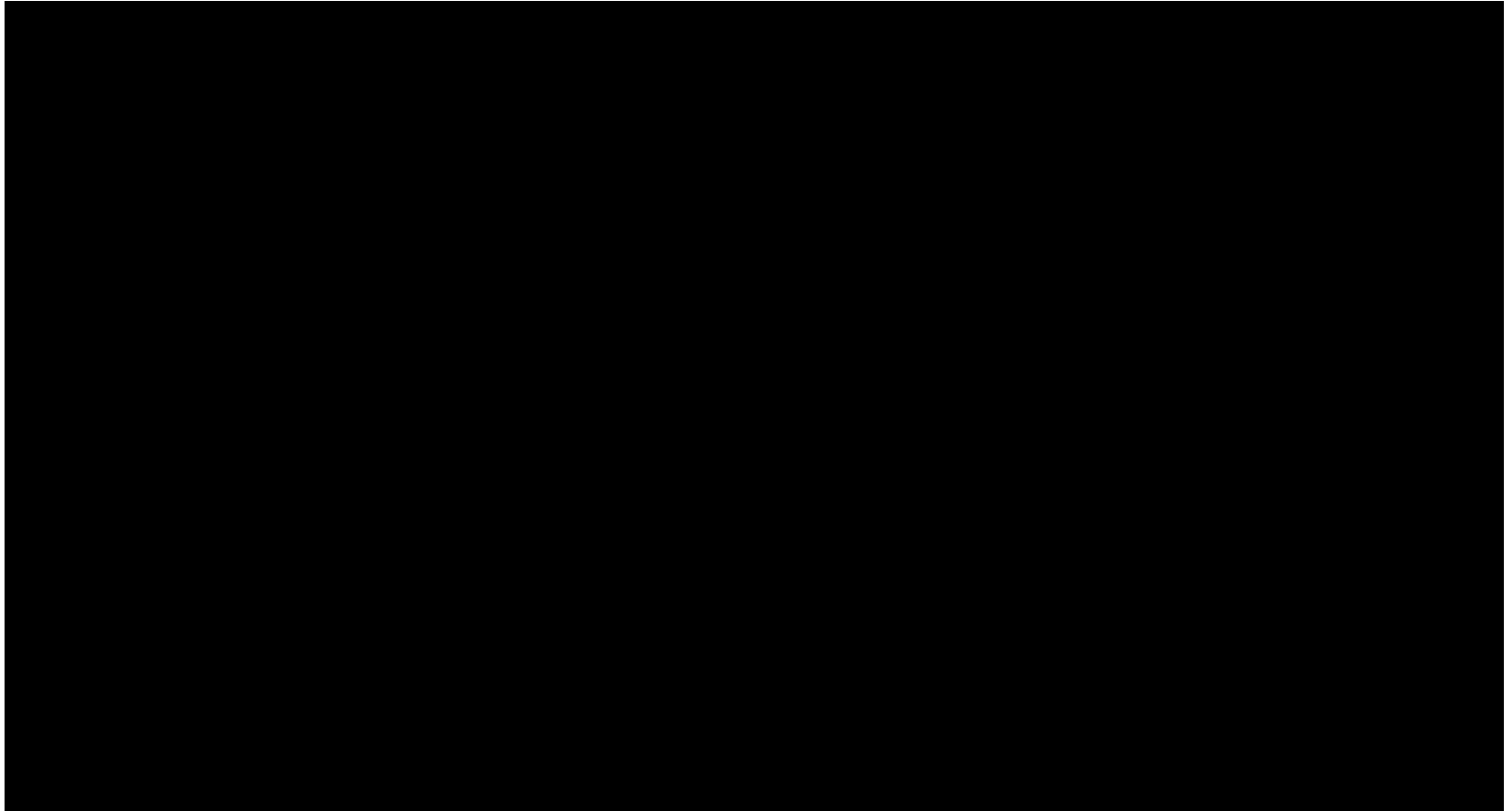
Speaking and listening to visitors



Some well known



INTERVIEW OPPORTUNITIES



AND SOME VERY WELL KNOWN



GARDENS ABROAD



The Journey to
Holland



A wonderful
example of what
can be done with
flowers





JAPAN



CHINA



DESIGNING A GARDEN IN FRANCE



CHILDREN WORKING ON THEIR GARDEN IN INDIA



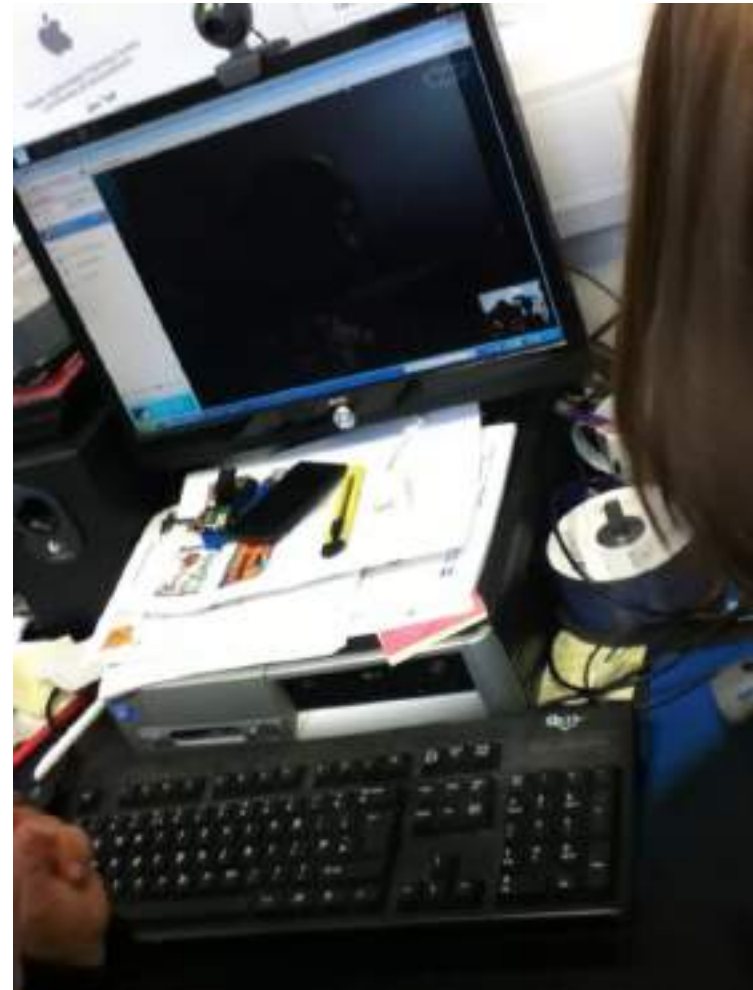
Working with others
Planning together
Use of IT

A SIMILAR PROJECT FOR NEPAL



A parent approached us.
Their brother and sister in
law ran an orphanage.

We hold weekly Skype
sessions




THE NEPALESE ORPHANAGE





Junk Food

What is junk food?
Lollies, soft drink, potato chips, hot chips, ice cream, and hamburgers, hot dogs and other kinds of take away food are called junk food.




What's wrong with junk food?

- * This kind of food has too much fat in it.
- * It has too much salt in it too.
- * And It has too much sugar.

"A diet of junk food can suffer lasting damage to their brainpower." Children who eat more chips, crisps, biscuits and pizza before the age of three have a lower IQ five years later, a study showed.

Harmful Effects of Junk Food

- Increased rates of bone fracture
- Increased risk for osteoporosis
- Increased risk of weight gain and obesity
- Increased risk for Type II Diabetes
- Increased risk for kidney stones
- Increased rate of tooth decay and other dental problems
- Weaken your immune system
- Junk food diet is a major cause of heart diseases.



A VISIT FROM A GERMAN SCHOOL SCHOOL THEY ALSO KEEP BEES



They were really impressed



They invited us there.

OUR TRIP TO GERMANY



CHARLTON MANOR PUPILS WORKING WITH GERMAN SCHOOL





Their Bees

The near by Primary school



WORLD FOOD DAY



WORKING WITH A SCHOOL IN INDIA

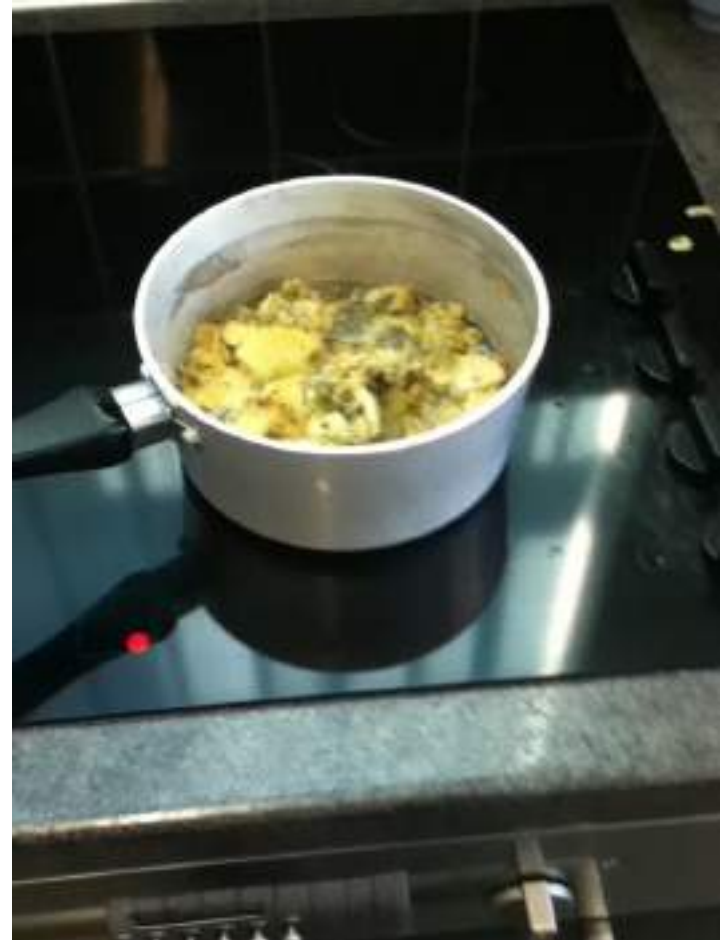


We cooked food here and they did there.

We tried their recipes and they ours.
We created a joint recipe book



TRYING THE RECIPES



Taste test
It was delicious

SUPPORTING OTHER SCHOOLS



Robert – a weekly visitor
from Charlton
Academy

THE TEACHING KITCHEN

Why?

- Inclusive
- Impacts positively on mental health
- Embraces all cultures
- Teamwork
- Cross-curricular, literacy, numeracy, science, history, geography, pshe, DT, PE, MFL.
- Entrepreneurial
- Community
- Parents and children (home learning, working together, building relationships)
- Cooking, Sitting eating, tidying up Talking, engaging, showing interest.

THE KITCHEN



State of the art equipment



OPENED BY RAYMOND BLANC OBE



WORKING IN THE KITCHEN



COOKING USED FOR LEARNING



AT ALL AGES



RHS AND JAMIE OLIVER



Running courses in the school for other schools



YouTube videos supporting script writing, speaking and listening, healthy eating at school and home, maths etc.....



1944 EDUCATION ACT

The provision of school meals and milk finally became a statutory duty for local authorities under Section 49 of the 1944 Education Act. In 1945 Lord Woolton told the Warwickshire Women's Institute 'The young need **protection** and it is proper that the state should take deliberate steps to give them opportunity ... Feeding is not enough, **it must be good feeding**. The food must be chosen in the light of knowledge of **what a growing child needs for building a sound body**. And when the food is well chosen, it must be well cooked. This is a task that calls for the highest degree of scientific catering; it mustn't be left to chance'

THE FIRST NUTRITIONAL STANDARDS FOR SCHOOL MEALS

The first nutritional standards for school meals were set in 1941. These standards were specified in Government Circular 1571 (Board of Education 1941) and advised LEAs that school lunches should be planned to provide a child with:

- 1000 kilocalories;
- 20–25 g of 'first class' protein (i.e. animal protein);
- 30 g of fat.

STILL A FOCUS

In 1955, the nutritional standards for school lunches were updated and Government Circular 290 (Ministry of Education 1955) recommended

that the school lunches should provide:

- 650–1000 kilocalories (depending on the age and sex of the child);
- 20 g of 'first class' protein;
- 25–30 g of fat.

As in Circular 1571, Circular 290 did specify the amounts of protein and fat in grams. Each lunch was to be supplemented with 3/4 oz (20 g) of dried milk and, each child was entitled to 1/3 pint (200 mL) of milk.

THE DEMISE

In 1967, financial responsibility for the school meals service passed to the LEAs with the introduction of the Rate Support Grant. This gave LEAs greater discretion over the lunches provided and the pricing policy. The restrictions in the supply of free school milk started in 1968 when free school milk to secondary school children ended. In 1971, it was further restricted to 5–7-year-olds in mainstream education and all children in special schools.

1980 AND INTRODUCTION OF 'MARKET FORCES' TO SCHOOL MEALS

The 1980 Education Act (Department of Education and Science 1980) changed the school meals service from a compulsory national, subsidised service for all children, to a discretionary local service. This Act:

- removed the obligation on LEAs to provide school lunches, except for children entitled to free school meals;
- removed the obligation for meals to be sold at a fixed price;
- removed the requirement for the lunches to meet nutritional standards and;
- removed the entitlement to free school milk.

SCHOOL FOOD PLAN 2013

- These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

ENJOYING THE DINING EXPERIENCE



INCLUDING THE COMMUNITY



SINGING AND GIFTS FOR OLD PEOPLES HOME





QUALITY FOOD



HEALTHY CHOICES





SERVING HEALTHY LUNCHEES



PRIDE IN THE DINNERS AND PRIDE IN THEIR WORK



THE FUTURE

Keep developing Boosters tackling
Holiday hunger, Child Protection,
Routines and attainment.



NOW WE'RE COOKING

- Continue supporting other schools and Local Authorities in developing a healthy ethos.
- The book details 28 lesson plans teaching healthy cooking throughout other curriculum areas.





CONTINUE RUNNING CONFERENCES

Enlisting key speakers and providing practical workshops.



COMMUNITY ENGAGEMENT WITH OUR CAFÉ AND SHOP

Selling healthy food and drinks.
Supporting local education.

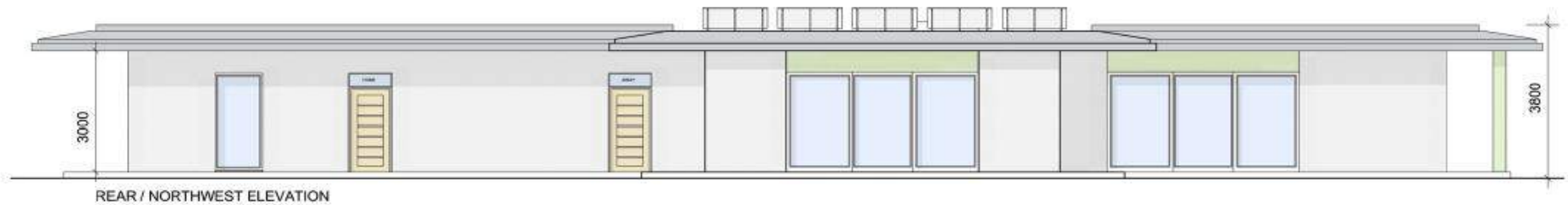
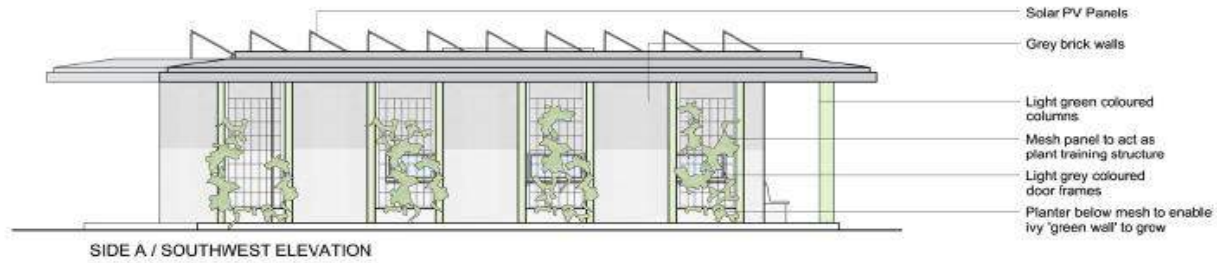
ANOTHER COMMUNITY PROJECT

The Headteacher and two members of staff have formed a charity. **Roots4Life** seeks to educate children about healthy eating, nutrition and cooking.



This area of land will provide a community garden, football pitches with changing rooms, trim trail, teaching kitchen and café.

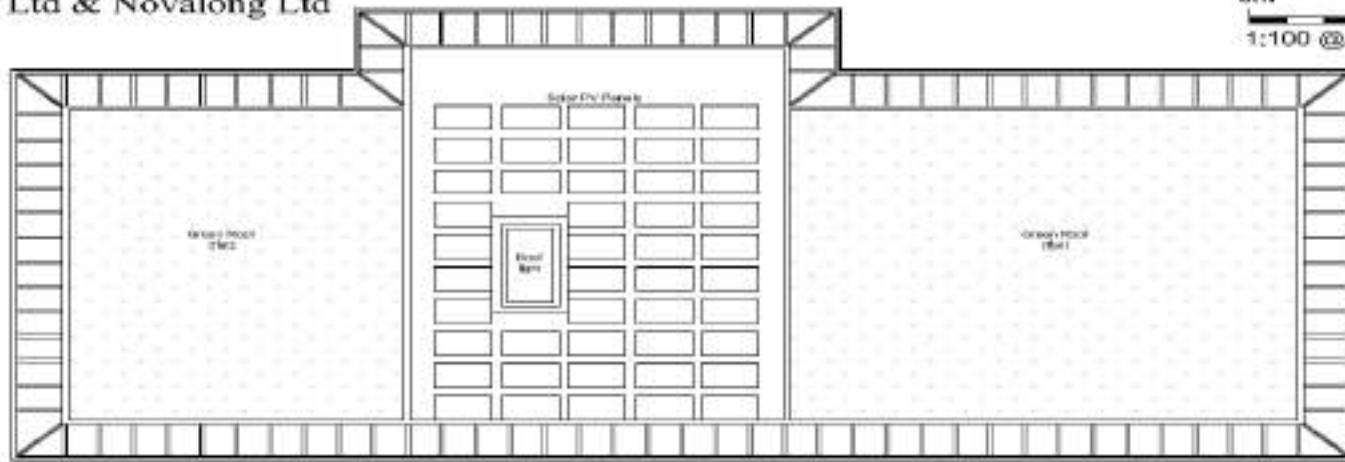
THE COMMUNITY BUILDING



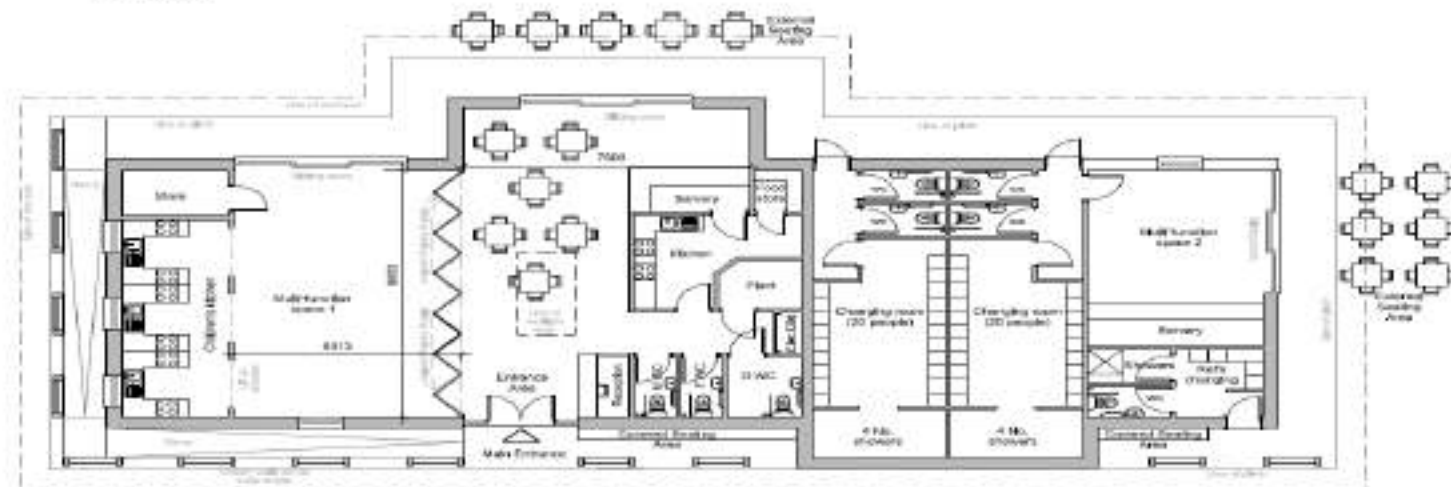
DESIGNED WITH THE ENVIRONMENT IN MIND

Linden Ltd & Novalong Ltd

0m 5m 10m
1:100 @A2



ROOF PLAN 1:100

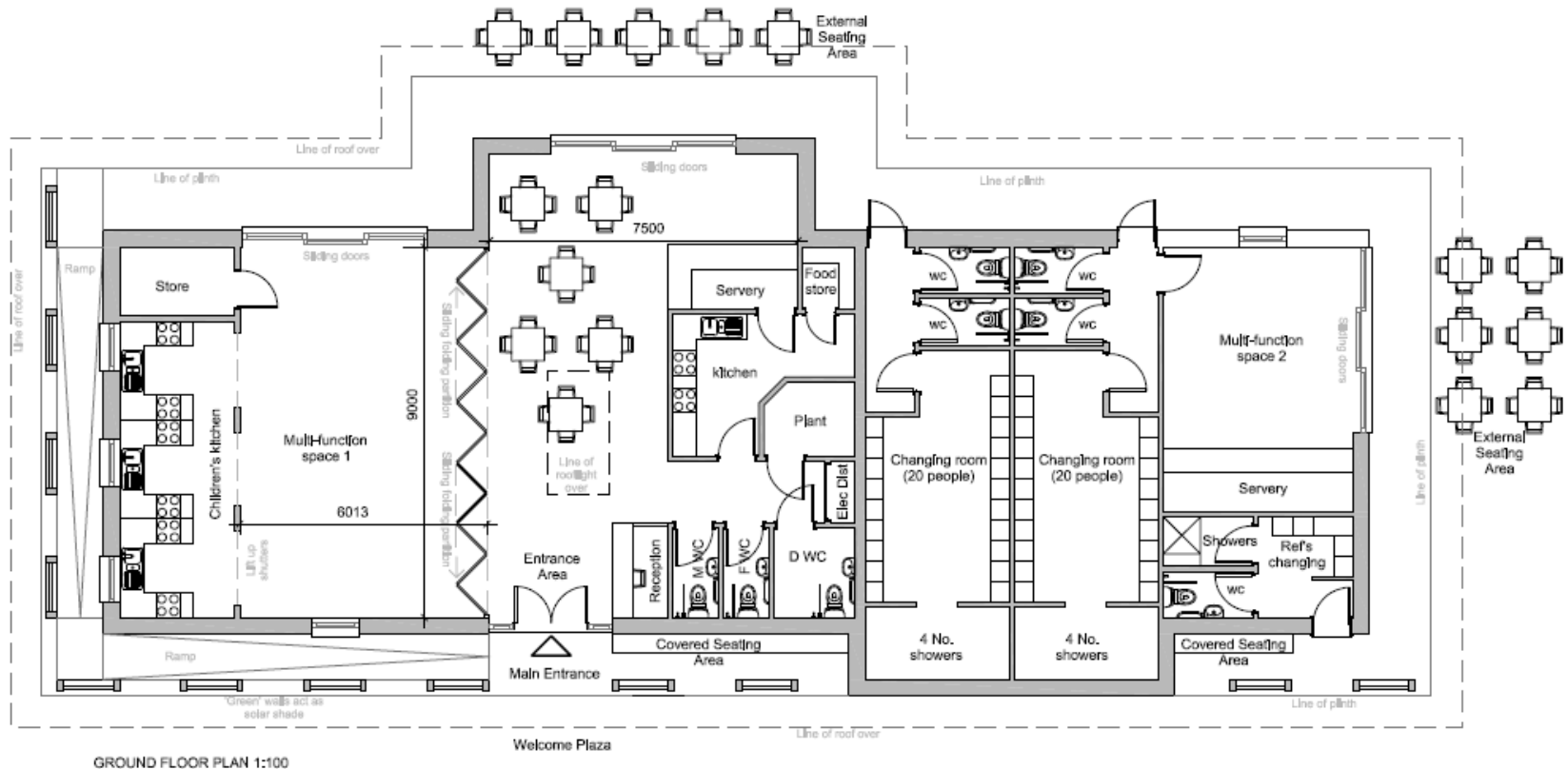


GROUND FLOOR PLAN 1:100

Visitor Plans

Providing opportunity for schools and local community to learn how to cook.

A CLOSER LOOK AT THE KITCHEN



- 2.5 Million pound project
- Appliances already donated by Jamie Oliver

EDUCATION, HEALTH AND SCHOOL MEALS: A REVIEW OF POLICY CHANGES IN ENGLAND AND WALES OVER THE LAST CENTURY (2004)

- With the increased prevalence of childhood obesity and the changing public health agenda, there are signs that the current situation in school meals will not be left unchanged and the work now being done by the FSA, Department for Education and Skills and Ofsted could mean that further modifications to the school meals service might occur. [This may result in a school lunch service that will have an educational benefit and health benefit for the child.](#)

THIS IS CHARLTON MANOR

