

# Introducing the Teaching Primary Food and Nutrition (TPFN) programme

***‘Absolutely loving having such a CPD programme, it is so useful for effective teaching and learning and for assessing pupils.’***

*TPFN registered teacher*

# Teaching Primary Food and Nutrition (TPFN) - professional development programme

- What it is
- How it works
- Why get involved
- Support that will be provided by the British Nutrition Foundation
- What will be required from you



# What is the TPFN programme?

- A professional develop programme
- For primary school teachers, trainees and teaching assistants
- To build practitioner **confidence** and **competence** in teaching food and nutrition
- Supporting **high quality food and nutrition lessons**, and a whole school approach to food



# Why was the TPFN programme developed?

- Limited/no food and nutrition input on initial teacher training courses
- Barriers to food and nutrition CPD – a relatively small part of the curriculum, training/course costs and time out of the classroom
- Challenging for schools to know what should be taught and how



# What is in the TPFN programme?

Based on:

- [Food teaching in primary schools: A framework of knowledge and skills](#) (2015) - a government checklist of key knowledge and skills
- [Characteristics of good practice in teaching food and nutrition in primary schools](#) (2020) - a guide to exemplify what good food teaching looks like in primary schools

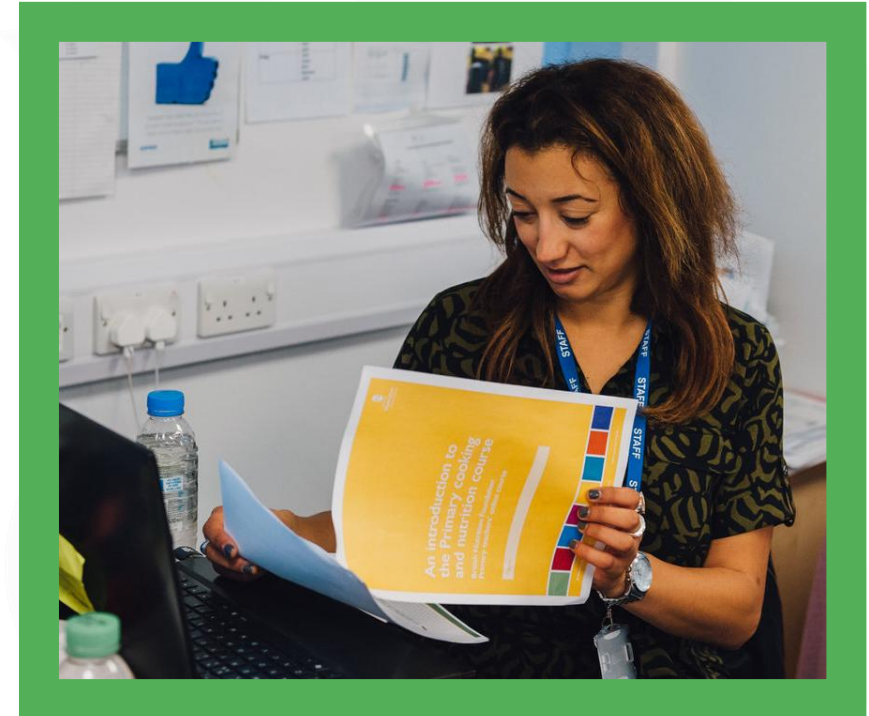




# How does it work?

**1. Audit** - complete a short audit based around eight areas of practice:

- Teaching the food curriculum
- Running practical food lessons
- Good food hygiene and safety
- Developing food skills
- Where food comes from
- Healthy eating
- Making informed choices
- Whole school approach



# How does it work?

## 2. Plan – write a development plan:

- What you hope to learn
- What you will do
- When you will do what
- Whose support you will need
- How you will know what you have achieved
- How you did



### Your development plan

Once you have identified your development requirements (from the self-audit you completed when you registered for the TPFN programme), you will need to prioritise these to form a manageable plan.

This grid can be used to help you match your requirements to the sources of learning and funding available to you.

Area of practice	Target - What you hope to learn	Action - What you will do	Timescale - When you will do what	People - Whose support you will need	Success - How you will know what you have achieved	Progress - How you did
Examples	Practical food skills, healthy eating, food safety principles	Look for a local course, complete an online webinar, talk to a colleague	After half term, at the next staff inset day	Talk to my line manager, SLT, subject lead/co-ordinator	Demonstrate new skills, develop new teaching resources, organise a cooking lesson, feedback from children	A summative reflection
Teaching the food curriculum						
Running practical food lessons						
Good food safety and hygiene						
Developing food skills						
Where food comes from						
Healthy eating						
Making informed choices						
Whole school approach						

It is helpful to discuss your plans with a senior colleague, preferably someone who can help you access the appropriate opportunities. Indicate how your professional development will support the school and pupils to help them to excel.]



# How does it work?

**3. Action** – undertake planned activities and training, such as:

- Attending courses, meetings or presentations
- Reading articles or research
- Observing colleagues
- Testing practical skills or recipes at home
- Trying new teaching resources or techniques
- View our [webinar recordings](#) designed to support the TPFN programme





# How does it work?

**4. Reflect** - consider what you've done and how it will help in your teaching

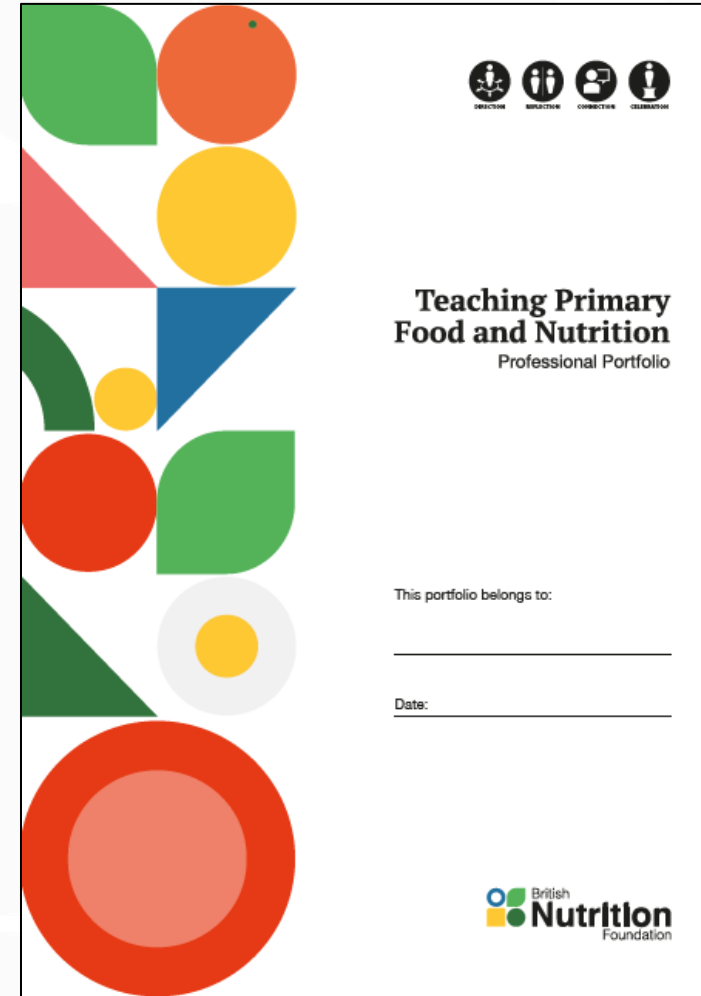
**5. Record** - keep a record of the professional development you undertake and celebrate your successes!



# TPFN booklet

Download the [TPFN booklet](#).

Keep the booklet in a folder with your other TPFN records, so you can evidence your professional development.



# TEACHING PRIMARY FOOD AND NUTRITION

## TEACHER FEEDBACK

*"This session was  
incredibly helpful.  
I feel like I have more  
confidence and  
direction on teaching  
cooking to primary  
children and how  
to lay this out, ensure  
safety, and ensure the  
children have the  
best experience."*

- PRIMARY FOOD  
TEACHER, ENGLAND



# TPFN in action

## Review your audit

- Teaching the food curriculum
- Running practical food lessons
- Good food hygiene and safety
- **Developing food skills**
- Where food comes from
- Healthy eating
- Making informed choices
- Whole school approach



I demonstrate a high level of competence in using a wide range of food skills, techniques and equipment.

Training required





# TPFN in action

Find out more about what you need to know to help your CPD planning.

Look at:

- *Characteristics of good practice in teaching food and nutrition*
- *Food teaching in primary schools*

TPFN booklet, page 5

Area of practice	Food teaching in primary schools: A framework of knowledge and skills	Characteristics of good practice in teaching food and nutrition in primary schools
Teaching the food curriculum	Section 3	Characteristic 3
Running practical food lessons	Section 4	Characteristic 4
Good food hygiene and safety	Section 9	Characteristic 5
Developing food skills	Section 5	Characteristic 6
Where food comes from	Section 8	Characteristic 7
Healthy eating	Section 7	Characteristic 8
Making informed choices	Section 8	Characteristic 9
Whole school approach	Section 2	Characteristic 2

### Characteristic 6

#### Developing food skills

A characteristic of good practice in primary schools is that pupils continually develop and build upon their food skills so they can prepare, cook and serve a range of dishes hygienically and safely.

#### Overview

- Staff expose pupils to a range of food methods, using a variety of ingredients and equipment.
- Staff integrate food skills into Schemes of Work, demonstrating progression in the skills, precision/accuracy, use of equipment and complexity over time.
- Staff ensure teaching resources, recipe equipment used are ability appropriate, awareness and understanding of safe current healthy eating advice.

**Megan Johnston**  
Alexandra  
Parade Primary  
Scotland

#### Putting the characteristic into practice

##### Planning

In practice, staff:

- review food skills previously taught to pupils at school or home.
- map food skills in Schemes of Work.
- develop practical activities that are age/ability appropriate.
- build upon previous experiences, skills learned and pupil preference/feedback.
- focus on food skill learning intent, not recipe outcome.

Other examples:

- ensure planning reflects the ethnic and cultural diversity of pupils and local environment.

##### Practical food work

In practice, staff:

- plan appropriate practical activities to allow pupils to develop their food skills.
- ensure recipes progress food skill development, are predominantly sensory and promote current healthy eating advice.
- encourage pupils to explore and evaluate ingredients using their senses, e.g. smell, taste.

Other examples:

- expose pupils to recipes and ingredients from different traditions and countries.

##### Teaching skills

In practice, staff:

- are confident in teaching, demonstrating and using a wide range of food skills.
- staff practice food skills before teaching pupils.
- staff develop their own food skills (if required) through training by external providers or working with more experienced food teachers, the catering team or professional chefs.
- ensure support staff are briefed fully before practical lessons regarding hygiene and safety expectations and the way food skills should be demonstrated and carried out.

Other examples:

- expose pupils to new experiences, ingredients and/or skills, e.g. through working with external experts.
- encourage pupils to support their peers in class.

CHARACTERISTICS OF GOOD PRACTICE IN TEACHING FOOD AND NUTRITION EDUCATION IN PRIMARY SCHOOLS

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Public Health England

Protecting and improving the nation's health

### Food teaching in primary schools: A framework of knowledge and skills

Food teaching in primary schools: A framework of knowledge and skills

**4.5** Act as role models of good practice for food storage, handling, preparing, cooking and serving food and drinks, including the safe use of equipment.

**4.6** Brief all those that work alongside them in the food classroom in the necessary systems and processes, eg teaching assistants, parents and carers.

**5. Teaching food preparation and cooking (equipment, ingredients, food sources, functional characteristics, processes and skills)**

When teaching food, accomplished teachers understand how children learn key concepts and skills, and use age/ability appropriate teaching strategies that engage learners, challenge a range of abilities, and build confidence and independence.

When teaching, accomplished teachers:

**5.1** Name, taste and prepare a broad range of ingredients and healthy recipes, reflecting cultural diversity;

**5.2** Exhibit a high level of competence in a wide range of food skills and demonstrate these for effective learning (Appendix 2: Skills);

**5.3** Select and use an appropriate range of small equipment, safely and efficiently;

**5.4** Show awareness of their own safety and of those around them when handling food and equipment. Ensure safe practices are always followed when using hot or sharp equipment, eg oven gloves;

**5.5** Choose ingredients, taking into account their nutritional, functional and sensory properties, in addition to other factors (such as cost, seasonality, sustainability);

**5.6** Apply skills and understanding to plan, prepare and cook simple dishes/menus safely and hygienically for a healthy, varied diet. Appreciate the value of eating together.

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# TPFN in action

Write *Your development plan* (an online version is also available)

**Your development plan**

Once you have identified your development requirements (from the self-audit you completed when you registered for the TPFN programme), you will need to prioritise these to form a manageable plan.

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Examples	Practical food skills, healthy eating, food safety principles	Look for a course/course, complete an online website, ask a colleague	After half term, at the next staff meeting	Talk to my line manager, SLT, subject teacher, other staff	20 minutes new skills, observed new skills, completed a summative reflection	a summative reflection
Teaching the food curriculum						
Running practical food						

Area of practice	Target - What you hope to learn	Action - What you will do	Timescale - When you will do what	People - Whose support you will need	Success - How you will know what you have achieved	Progress - How you did
Developing food skills	<i>Cutting techniques</i>	<p><i>Look at food skills videos and guide on FFL (links in TPFN email update, Feb '2023).</i></p> <p><i>Visit local secondary to observe a food lesson.</i></p> <p><i>Attend FFL training event 14 March 2023 - Supporting teaching knife skills.</i></p>	<i>After Easter - teach Hedgehog class bridge hold and fork secure to make a fruit salad.</i>	<i>Check with Head teacher if can use planning (PPA) time to visit secondary school to do an observation.</i>	<p><i>Hedgehog class use food skills safely to prepare fruit – photos!</i></p> <p><i>Share feedback at staff meeting.</i></p>	



# TPFN in action

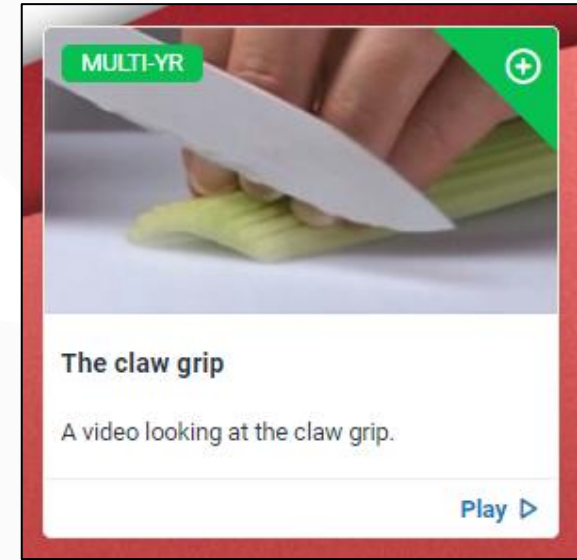
Undertake planned CPD activities



Observe



Read



Watch



# TPFN in action

Complete the *Professional learning experience record* (in TPFN booklet and online)

Activity (examples)	Date and number of hours	Summary of what you did	Short reflection - how was the learning used?
Visiting another school	<i>Visit St Gregory's (6 March 2023) to observe cutting techniques demonstrated by food teacher to pupils aged 12 years.  1 hour.</i>	<i>Watched teacher demo, tried techniques, spoke to pupils and teacher.</i>	<i>Good to see skills in action, having seen FFL videos and read descriptions.  Useful to be able to ask pupils how they found the skills and where they needed support.  At FFL training event, check with presenters on expectations for age 5 years with knife skills, safety.</i>

**Professional learning experiences record**

Use this Professional learning experiences record to capture your personal development. It can help to showcase your progress, as well as your achievements. Use the activities as prompts, but feel free to add your own. A digital version of this document is available here: <https://bit.ly/3DZL37H>

**Work-based learning**

Activity (examples)	Date and number of hours	Summary of what you did	Short reflection - how was the learning used?
Observing or shadowing a colleague			
Visiting another school			
Reflecting on own food and nutrition lessons			
Expanding role, for example whole school food review			
Involvement in local community (not engaging into school)			
Creating a new food project and lessons			
Developing and sharing food teaching (not with others)			
Trying something new			
Other			

**Professional activities**

Activity (examples)	Date and number of hours	Summary of what you did	Short reflection - how was the learning used?
Giving a presentation about food and nutrition education			
Being a member of a special interest or working group			
Mentoring another teacher			
Networking with colleagues			
Other			

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There are useful ideas for CPD activities on this record!



# Why?

- Personal and professional development - confidence and competence in teaching food and nutrition
- Evidence to support performance management
- It's free
- It can make a difference!



*“I believe that being part of the TPFN programme improved my chances of being offered a role in school. I took my printed TPFN binder with me to the interview and it gave me something to show and talk about, demonstrating initiative and a willingness to develop myself beyond the PGCE course. It also gave me something extra that I could bring to the school and champion.”*

**Chloe, PGCE graduate 2023 participating in the TPFN programme**



# Self-directed online training from the British Nutrition Foundation

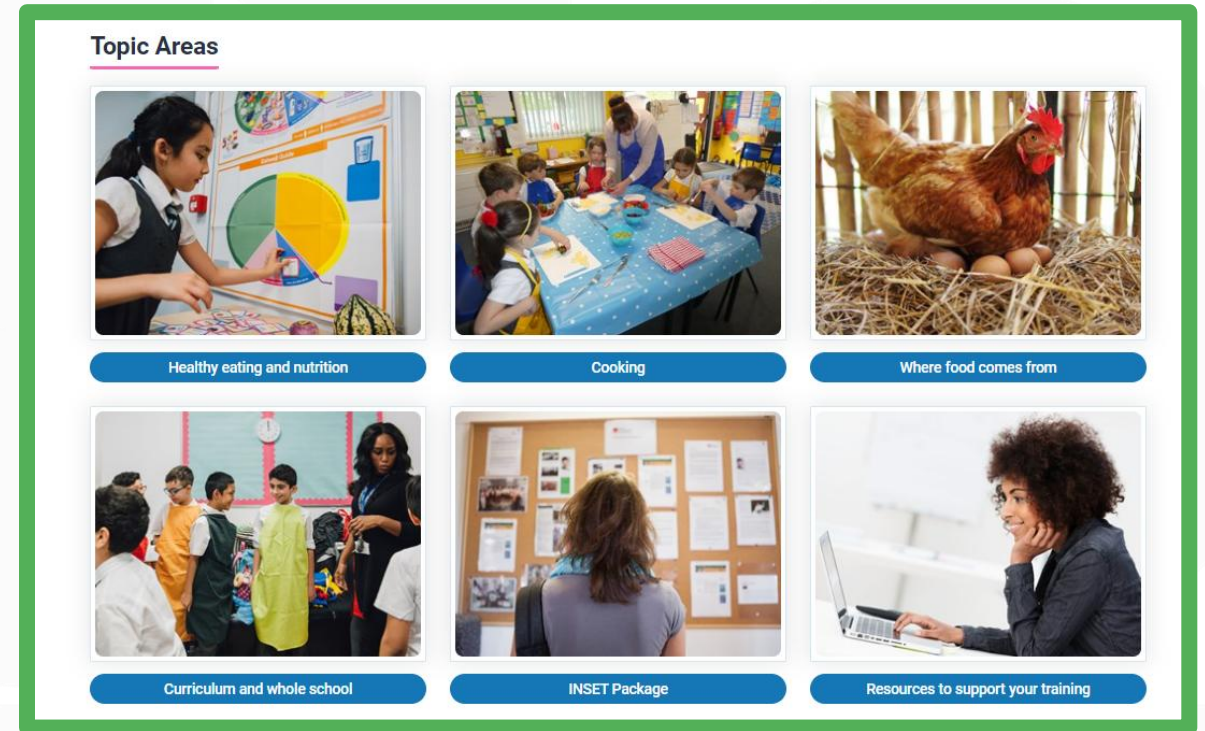
- A comprehensive online training programme has been created for TPFN members to work through at your own pace.
- You can pick and choose the training most relevant to your needs (based on your knowledge and skills audit) and also your school/setting.





# Online training

- [Recorded webinars](#), workshops and online modular courses cover:
  - Healthy eating, cooking and where food comes from
  - Planning and teaching the curriculum
  - Taking a whole school approach
- There is also an INSET package that has been designed for you to use for your own personal development or as a whole staff, year group or team CPD package.



# Welcome to the programme!



To contact us, email:

[education@nutrition.org.uk](mailto:education@nutrition.org.uk)

Thank you to the All Saints Educational Trust for their support.





# Thank you

November 2025