Students

Post-16 Food Enrichment

2026-7



Post-16 Food Enrichment at SKA

At Skegness Academy you are offered extracurricular practical and theoretical learning opportunities focused on cooking, nutrition and food-related skills.

These skills are considered carefully to support you in your future beyond Sixth Form as well as potential employment.

Over the next few months, you will cook a range of dishes, savoury and sweet, for different occasions and with different dietary requirements in mind. There may be times when these dishes are not to your usual taste, however in the future you must remember that you may not always be cooking for yourself. You should also keep in mind that your tastebuds change as you age. We therefore ask you to keep an open mind, be prepared to try new foods and enjoy the experience.

As well as the practical, you will also learn about the fundamentals of nutrition, food labelling, marketing, budgeting, body image, food systems and about different diets.

You will also take part in our £5 meal challenge where you will be posed with a problem and must plan, prepare and cook a meal on a budget.

This booklet includes the recipes you will cook this academic year as well as some foundational information on the topics you will explore.

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Turbo Beans and Cheese on Toast

Ingredients



1 tbsp vegetable oil

½ large onion, finely chopped

2 garlic cloves, finely chopped

½ tsp smoked paprika

½ tsp ground cumin

Chilli flakes to taste

100g chopped tomatoes

400g of either kidney or cannellini beans

4 slices of bread

75g grated cheddar

Method

Heat the oil in a frying pan over a medium heat and fry the onion for 8-10 mins until softened and slightly caramelised. Add the garlic and spices, the chilli flakes, if using, and some seasoning. Fry for a few minutes more until the mixture is fragrant.

Add the tomatoes, then swirl out the pan using 100ml water and add this too. Simmer for 10-15 mins until the mixture has thickened. Blitz the sauce using a hand blender, then taste for seasoning. Tip in the beans and mix well to coat. Warm through over a medium heat for 5 mins until the beans are piping hot.

Heat the grill and toast the bread slices for 3-5 mins. Top with the beans and grated cheese, and pop under the grill until the cheese is melted and bubbling. Sprinkle with a little paprika and serve.

Halloumi Fajitas

Ingredients



225g halloumi

1 tbsp olive oil

½ red onion

1 pepper, sliced

1 garlic clove

1 tsp smoked paprika

½ tsp ground coriander

½ lime, juiced

2 large tortilla wraps

½ avocado

Coriander for taste.

Chilli sauce to serve.

Method

Split the halloumi block through the middle lengthways. Cut each half into four strips. Heat half the oil in a frying pan over a medium heat, and fry the halloumi strips for a few minutes on each side until golden. Transfer to a plate and set aside.

Heat the remaining oil in the pan over a high heat, and fry the onion and peppers for 5 mins until soft and starting to char. Add the garlic, paprika and coriander with some seasoning and cook for 1 min more. Pour in the lime juice and fried halloumi, and stir very gently so the halloumi doesn't break up.

Warm the wraps in a low oven wrapped in foil. Pile the halloumi filling into the warm wraps, with a few slices of avocado each, some coriander leaves, and spoonfuls of chilli sauce.

Green Chilli Chicken Nachos

Ingredients



150g shredded roast chicken

1 large green chilli

1 tbsp soured cream

½ tsp ground cumin

½ tsp garlic granules

½ lime, juiced

100g tortilla chips

75g grated cheddar/mozzarella

100g black beans

½ red onion

Coriander to taste

Guacamole or salsa to serve

Method

Heat the oven to 200C/180C fan/gas 6. First make the green chilli chicken mix. In a bowl, combine the shredded chicken, green chillies, soured cream, cumin, garlic granules, lime juice and a good pinch of salt and pepper.

In a large ovenproof dish or baking tray, spread out half the tortilla chips. Scatter over half the chicken mixture, half the cheese, some black beans and red onion. Repeat with the remaining tortillas, chicken, cheese and toppings.

Bake for 20 mins, or until the cheese is melted and bubbling. Sprinkle with fresh coriander and sliced chilli, serve with extra soured cream, guacamole and salsa on the side for dipping.

Vegetarian Ramen

Ingredients



80g instant noodles

2 spring onions

½ head of pak choi

1 egg

1tsp sesame seeds

Chilli sauce to serve

Method

Cook the noodles with the sachet of flavouring provided (or use stock instead of the sachet, if you have it). Add the spring onions and pak choi for the final min.

Meanwhile, simmer the egg for 6 mins from boiling, run it under cold water to stop it cooking, then peel it. Toast the sesame seeds in a frying pan.

Tip the noodles and greens into a deep bowl, halve the boiled egg and place on top. Sprinkle with sesame seeds, then drizzle with the sauce or sesame oil provided with the noodles, and chilli sauce, if using.

Tomato Soup and Sharer Bread

Ingredients



250g ciabatta bread mix

50g garlic butter at room temperature

1tsp dried oregano

90g grated cheddar/mozzarella

Oil for greasing

½ onion

½ carrot

400g plum tomatoes

1 vegetable stock cube

50g hat-fat crème fraiche

Pinch of sugar

Method

Heat oven to 200C/180C fan/gas 6. Make the bread mix, then roll out to a 30 x 40cm rectangle. Spread over 25g of the garlic butter and half the oregano, then sprinkle the cheese and roll up like a Swiss roll.

Cut into 4 even slices and transfer to a well-greased tin and arrange 7 round the outside, 1 in the middle. Brush with any leftover butter. Cover with oiled cling film and leave in a warm place to puff up while you make the soup. Once doubled in size, bake bread for 25-30 mins.

Heat the remaining garlic butter in a pan until foaming. Add the onion and carrot, cook until softened. Add the tomatoes, the stock cube, add the remaining oregano and simmer for 20 mins, then stir in the crème fraîche. Blend and season – it may need a pinch of sugar. Add enough boiling water for a good soup consistency and keep on a gentle heat until the bread is done.

Spaghetti Carbonara

Ingredients



50g pancetta

25g pecorino cheese

25g parmesan

2 medium eggs

175g spaghetti

1 garlic clove

25g unsalted butter

Method

Put a saucepan of water on to boil. Finely chop the pancetta, having first removed any rind. Finely grate the pecorino cheese and parmesan and mix them together. Add 1 tsp salt to the boiling water, add the spaghetti and when the water comes back to the boil, cook at a constant simmer, covered, for 10 minutes or until al dente (just cooked).

Beat the eggs in a medium bowl and season with a little freshly grated black pepper. Set everything aside Squash the garlic cloves with the blade of a knife, just to bruise it. Fry the pancetta with the garlic. Drop unsalted butter into a large frying pan and, as soon as the butter has melted, tip in the pancetta and garlic.

Leave to cook on a medium heat for about 5 minutes, stirring often, until the pancetta is golden and crisp. Remove the garlic and discard. Keep the heat under the pancetta on low. When the pasta is ready, lift it from the water with a pasta fork or tongs and put it in the frying pan with the pancetta. Don't throw the pasta water away yet. Mix most of the cheese in with the eggs, keeping a small handful back for sprinkling over later. Take of the heat and add the eggs and cheese, make sure everything is coated.

Victoria Sponge Cake

Ingredients



200g unsalted butter

200g caster sugar

1tsp vanilla extract

4 medium eggs

200g self-raising flour

6 tbsp raspberry jam

250ml double cream

Icing sugar for dusting

Method

Heat oven to 190C/170C fan/gas 5. Grease and flour two 20cm sandwich tins.

Place softened unsalted butter, caster sugar and vanilla extract into a bowl and beat well to a creamy consistency.

Slowly beat in the eggs, one by one, then fold in self-raising flour and mix well.

Divide the mix between the cake tins, place into the oven and bake for about 20 mins until risen and golden brown. The cakes should spring back when gently pushed in the middle.

When ready, remove from the oven and allow to cool for 5 mins in the tin, before turning out onto a wire rack and cooling completely.

Spread raspberry jam onto one cake and top with whipped double cream. Sandwich the cakes together and dust with icing sugar.

Chocolate Chip Cookies

Ingredients



120g softened butter

75g light brown sugar

75g golden caster sugar

1 medium egg

1tsp vanilla extract

180g plain flour

½ tsp bicarbonate of soda

150g dark chocolate, cut into chunks.

Method

Heat oven to 180C/160C fan/gas 4 and line two baking sheets with parchment.

Cream the butter and sugars together until very light and fluffy, then beat in the egg and vanilla

Once combined, stir in the flour, bicarb, chocolate and ¼ tsp salt.

Scoop 10 large tbsps of the mixture onto the trays, leaving enough space between each to allow for spreading.

Bake for 10-12 mins or until firm at the edges but still soft in the middle – they will harden a little as they cool.

Leave to cool on the tray for a few mins before eating warm, or transfer to a wire rack to cool completely.

Christmas Crinkle Cookies

Ingredients



30g cocoa powder, sieved

100g caster sugar

30ml vegetable oil

1 large egg

90g plain flour

½ tsp baking powder

1 orange zested

1 tsp mixed spice

½ tsp cinnamon

25g icing sugar

Method

Mix the cocoa, caster sugar and oil together. Add the eggs one at a time, whisking until fully combined.

Combine the flour, baking powder, orange zest, mixed spice, cinnamon and a pinch of salt in a separate bowl, then add to the cocoa mixture and mix until a soft dough forms. If it feels too soft, put in the fridge to chill.

Heat the oven to 190C/170C fan/gas 5 and tip the icing sugar into a shallow dish. Roll heaped teaspoons of the dough into balls (about 20g each), then roll in the icing sugar to coat. Put the balls on a baking tray lined with baking parchment, ensuring they're evenly spaced apart.

Bake on the middle rack of the oven for 10 mins, then transfer to a wire rack to cool – they will firm up as they cool, but still be fudgy in the centre.

Toad in the Hole

Ingredients



6 chipolatas

½ tbsp sunflower oil

70g plain flour

1 egg

90ml semi-skimmed milk

Method

Heat the oven to 220C/200C fan/gas 7. Put the chipolatas in a 20 x 30cm roasting tin with the oil and bake for 15 mins until browned.

Meanwhile, make the batter. Tip the flour into a bowl with ½ tsp salt, make a well in the middle and crack the eggs into it. Use an electric whisk to mix it together, then slowly add the milk, whisking all the time. Leave to stand until the sausages are nice and brown.

Remove the sausages from the oven – be careful because the fat will be sizzling hot – but if it isn't, put the tin on the hob for a few minutes until it is.

Pour in the batter mix, transfer to the top shelf of the oven, then cook for 25-30 mins, until risen and golden. Serve with gravy and your favourite veg.

Chicken and Broccoli Pasta Bake

Ingredients

175g pasta

100g broccoli, cut into small florets and stems thinly sliced

1 tbsp olive oil

175g chicken breast, thinly sliced

90g chestnut mushrooms

2 tbsp sundried tomato paste

40g soft cheese

142ml single cream

2 spring onions

40g grated cheese

1 garlic clove

Method

Heat the oven to 190C/ fan170C/ gas 5. Bring a large pan of salted water to the boil. Add in pasta, stir well and return to the boil. Cook for 6 minutes, then add broccoli, and cook for 5-6 minutes more until the pasta is just cooked. Drain well, then return to the pan.

Heat 2 tbsp olive oil in a frying pan, add chicken breasts and fry until lightly browned. Tip in mushrooms and stir fry for 1 minute, then stir in sundried tomato paste, soft cheese with garlic and herbs and single cream. Gently simmer, stirring, until the cheese has melted to thicken the sauce. Season with salt and pepper.

Pour the sauce over the pasta, stirring gently until coated, then tip into a shallow ovenproof dish and level the top. Mix spring onions, cheese and garlic clove for the topping and sprinkle over the pasta. Bake for 20 minutes until golden.



Five Bean Chilli

Ingredients



1 tbsp oil

½ onion, finely chopped

1 pepper, sliced

1 garlic clove, crushed

½ tbsp ground cumin

½ tbsp ground coriander

1 tsp smoked paprika

200g chopped tomatoes

200g mixed beans

200g black beans

Pinch sugar

125g brown rice

Coriander and soured cream to serve

Method

Heat the oil in a pan and fry the onion and peppers for 10 mins over a medium heat until the onion is golden brown. Add the garlic and spices, and fry for 1 min. Pour in the tomatoes, both types of beans, 50ml water, then add the sugar and season. Simmer, stirring regularly, for 15-20 mins until thickened.

Meanwhile, cook the rice following pack instructions. Serve the chilli on the rice and scatter over the coriander. Top with a spoonful of soured cream, or guacamole, if you like.

Pancakes



Ingredients

50g plain flour

1 large egg

150ml milk

½ tbsp oil

Lemon to serve

Caster sugar to serve

Method

Put plain flour, egg, milk, oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter. This should be similar in consistency to single cream. Set aside for 30 mins to rest if you have time, or start cooking straight away.

Set a medium frying pan over a medium heat and carefully wipe it with some oiled kitchen paper. When hot, cook your pancakes for 1 min on each side until golden, using around half a ladleful of batter per pancake. Keep them warm in a low oven as you make the rest. Serve with lemon wedges and caster sugar, or your favourite filling.

Healthy Full English Breakfast

Ingredients



1 tbsp oil

½ small onion, finely chopped

1 garlic clove, crushed

½ tsp smoked paprika

200g cannellini beans

100g chopped tomatoes

½ tbsp brown sauce

150g chestnut mushrooms

1 thyme sprig

200g cherry tomatoes

4 chipolatas

2 eggs

Method

Heat oven to 200C/180C fan/gas 6 and heat half the oil in a small saucepan. Add the onion and fry over a medium heat for 8-10 mins, or until softened and starting to turn golden brown. Add half the crushed garlic and paprika and cook for 1 min more, then add the beans, chopped tomatoes and brown sauce and bring to the boil. Lower to a simmer and cook for 10-12 mins, stirring occasionally. Cover to keep warm and set aside.

Add the mushrooms, thyme and cherry tomatoes to roasting tin with the remaining garlic and oil. Roast for 12 mins until the mushrooms and tomatoes are soft, then remove from the oven and cover to keep warm. Turn the grill to its highest setting. Put the chipolatas on a foil-lined baking sheet and grill for 4-5 mins on each side, or until golden brown and cooked through.

Bring a pan of lightly salted water to the boil and swirl with a wooden spoon to create a whirlpool. Once the whirlpool has almost subsided, tip in one egg, then lower the heat and gently cook for 3 mins. Scoop out with a slotted spoon, transfer to a plate and repeat. Serve all parts and scatter with thyme leaves.

Shakshuka

Ingredients



1 tbsp oil

1 red onion, in wedges

1 red pepper, finely sliced

1 yellow pepper, finely sliced

3 garlic cloves, crushed

1 tsp cumin seeds

1 tsp coriander seeds, crushed

400g chopped tomatoes

155g spinach

4 eggs

Coriander and dill to serve

Method

Heat the oil in a frying pan. Add the onion and peppers and fry over a medium heat for 8-10 mins until the veg is beginning to soften. Add the garlic, cumin, coriander and paprika and fry for 1 min more. Tip in the tomatoes, spinach and 100ml water and bubble until the spinach has wilted, then lower to a simmer and cook, uncovered, for 10 mins. Season to taste.

Make four indentations in the tomato mixture and gently crack an egg into each one. Cover with a lid or foil and cook over a gentle heat for 8-10 mins, or until the eggs are just set. Uncover, scatter with the fresh herbs and serve.

Breakfast Burrito

Ingredients



1 tsp chipotle paste

1 egg

1 tsp oil

50g kale

7 cherry tomatoes, halved

½ small avocado, sliced

1 wholemeal tortilla wrap, warmed

Method

Whisk the chipotle paste with the egg and some seasoning in a jug. Heat the oil in a large frying pan, add the kale and tomatoes.

Cook until the kale is wilted and the tomatoes have softened, then push everything to the side of the pan. Pour the beaten egg into the cleared half of the pan and scramble. Layer everything into the centre of your wrap, topping with the avocado, then wrap up and eat immediately.

Easy Bread Rolls

Ingredients



500g strong white bread flour

7g sachet fast action yeast

1 tsp caster sugar

2 tsp fine salt

1 tsp sunflower oil

Method

Heat the oven to 230C/210C fan/gas 8. Tip the flour, yeast, sugar, salt and oil into a bowl. Pour over 325ml warm water, then mix (with a spatula or your hand), until it comes together as a shaggy dough. Make sure all the flour has been incorporated. Cover and leave for 10 mins.

Lightly oil your work surface and tip the dough onto it. Knead the dough for at least 10 mins until it becomes tighter and springy. Flour your surface and roll your dough into a long sausage shape.

Halve the dough, then divide each half into four pieces, so you have eight equal-sized portions. Roll each into a tight ball and put on a dusted baking tray, leaving some room between each ball.

Dust each ball with a bit more flour. Bake for 25-30mins, until light brown and hollow sounding when tapped on the base. Leave to cool on a wire rack.

Easter Brownie Bites

Ingredients



90g butter, chopped

75g dark chocolate

125g light brown soft sugar

45g self-raising flour

25g cocoa powder

2 medium eggs

25g milk chocolate chips

12 mini chocolate eggs

Method

Heat oven to 180C/160C fan/gas 4. Line a mini muffin tray with paper cases. Put the butter, dark chocolate and sugar in a pan and heat it very gently, stirring all the time until melted. Remove from the heat and leave to cool for a few mins.

Meanwhile, sift the flour, cocoa and a good pinch of salt into a large bowl. Stir in the warm, melted chocolate mixture and the beaten eggs, then add the chocolate chips and mix until combined.

Divide the mixture between the cases and place a mini egg into the middle of each muffin, pushing down gently. Bake for 12-15 mins until cooked but still gooey in the centre – they will continue cooking a little as they cool down. Leave to cool for 10 mins in the tin before transferring to a wire rack to cool completely.

Chocolate Fudge Cake

Ingredients



150ml sunflower oil

175g self-raising flour

2 tbsp cocoa powder

1tsp bicarbonate of soda

150g caster sugar

2 tbsp golden syrup

2 eggs, lightly beaten

150ml semi-skimmed milk

100g unsalted butter

225g icing sugar

40g cocoa powder

2 ½ tbsp milk

Method

Heat the oven to 180C/160C fan/gas 4. Oil and line the base of two sandwich tins. Sieve the flour, cocoa powder and bicarbonate of soda into a bowl. Add the caster sugar and mix well. Make a well in the centre and add the golden syrup, eggs, sunflower oil and milk. Beat well with an electric whisk until smooth.

Pour the mixture into the tins and bake for 25-30 mins until risen and firm. Remove from oven, leave to cool for 10 mins before turning out onto a cooling rack.

Beat the unsalted butter in a bowl until soft. Gradually sieve and beat in the icing sugar and cocoa powder, then add enough of the milk to make the icing fluffy and spreadable. Sandwich the two cakes together with the butter icing and cover the sides and the top of the cake with more icing.

Greek Bouyiourdi

Ingredients



2 ripe tomatoes

1 garlic clove, crushed

100g feta cheese, block

½ green pepper, sliced

½ tsp dried oregano

2 tbsp olive oil

Warmed pitta breads to serve

Method

Cut 1 tomato through the middle, then cut two slices from the centre and set aside. Scoop the seeds from the rest of the tomato, then grate the flesh, discarding the skin. Deseed and grate the rest of the tomatoes in the same way, then mix the grated flesh with the garlic. Season and spoon into a small baking dish.

Heat the oven to 200C/180C fan/gas 6. Nestle the feta block in the garlicky tomatoes, then top with the sliced tomatoes, the chilli, oregano, olive oil and a pinch of sea salt. Cover the dish and bake for 15 mins, then uncover and bake for a further 15 mins. Serve warm with the pitta or keto breads on the side for dunking.

Homemade Pizza

Ingredients

300g strong bread flour

1tsp instant yeast

1tsp salt

1tbsp olive oil

100ml passata

1 tsp dried basil

1 garlic clove

125 ball of mozzarella

Grated parmesan

Cherry tomatoes, halved



Method

Put the flour into a large bowl, then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside.

Mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.

Roll out the dough, then split into two balls. On a floured surface, roll out the dough into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.

Heat the oven to 240C/220C fan/gas 8. Smooth sauce over bases with the back of a spoon. Scatter with cheese and tomatoes, drizzle with olive oil and season. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza.

Falafels and Pitta

Ingredients



1tbsp sunflower or vegetable oil

½ small onion, finely chopped

1 garlic clove, crushed

200g chickpeas, washed and drained

½ tsp ground cumin

½ tsp ground coriander

Handful parsley

1 egg beaten

Pitta bread to serve

Method

Heat half the oil in a lpan, then fry the onion and garlic over a low heat for 5 mins until softened. Tip into a large mixing bowl with the chickpeas and spices, then mash together with a fork or potato masher until the chickpeas are totally broken down. Stir in the parsley or dried herbs, with seasoning to taste. Add the egg, then squish the mixture together with your hands.

Mould the mix into 6 balls, then flatten into patties. Heat the remaining oil in the pan, then fry the falafels on a medium heat for 3 mins on each side, until golden brown and firm. Serve hot or cold with couscous, pitta bread or salad.

Smoky Bacon Pot Noodle

Ingredients

1 rasher smoked bacon, trimmed and chopped

2 spring onions, finely sliced and split into white and green

50g frozen peas

¼ tsp smoked paprika

2tsp cornflour

200ml vegetable stock

150g straight-to-wok wheat noodles

Worcestershire sauce to taste

Method

In a small non-stick pan, fry the bacon for a few mins, add the white parts of the spring onions, peas and paprika, then cook for 1 min more.

Mix the cornflour with a little of the stock to get a paste, then stir this into the pan with the rest of the stock, noodles and a good splash of Worcestershire sauce. Simmer for a couple of mins until thick and saucy, then scatter with the green parts of spring onion.



Nutritional Fundamentals

For UK 16-18-year-olds, the UK government recommends aiming for around **2,500 calories daily for males** and **2,000 calories for females**, though individual needs vary with activity levels. A healthy diet should be based on the Eatwell Guide, emphasising wholegrain starchy foods, plenty of fruits and vegetables, dairy or alternatives, and sources of protein like lean meat, fish, and pulses. Key nutrients to focus on are **calcium** for bone health, **iron** (especially for girls), and **vitamin D**, with supplements recommended in autumn and winter.

Macronutrient Breakdown

Carbohydrates: Should make up 45-65% of total daily calories.

Protein: Essential for growth and development, found in meat, fish, eggs, beans, and lentils.

Fats: Should come from sources like nuts, seeds, oily fish, and unsaturated oils.

Important Micronutrients

Calcium: Crucial for achieving peak bone mass during adolescence.

Iron: Vital for growth and muscle development; especially important for menstruating teenage girls.

Vitamin D: Essential for absorbing calcium; oily fish and fortified foods are good sources, but supplements are recommended during the autumn and winter months.

Folate: Needed for red blood cell production and DNA synthesis.

Key Considerations

Hydration

Limit Sugary Foods and Drinks

Don't Skip Breakfast

Active Lifestyle



Food Labels

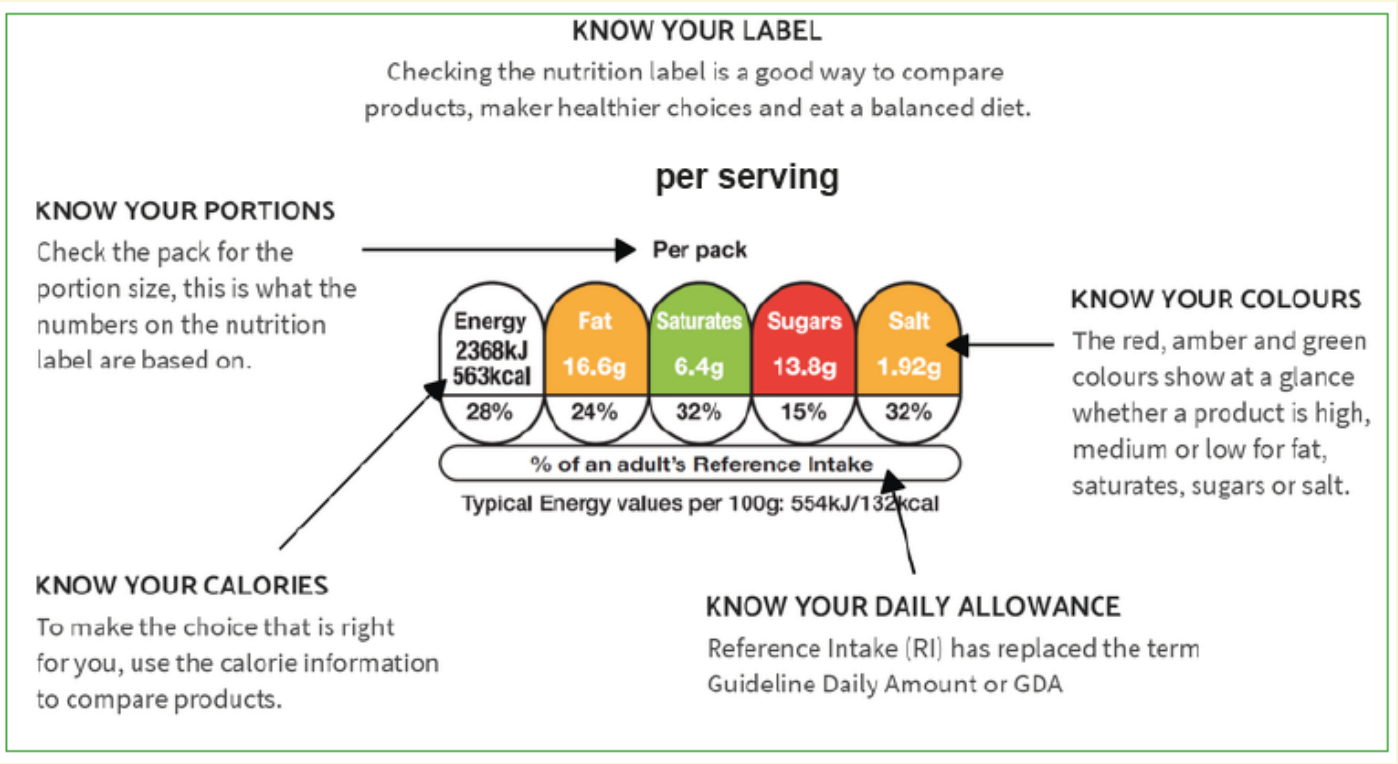
Food labels show us information about what foods and drinks contain. It's important you know where to find the information you need and what to look for.

The current laws around food labelling in the UK outline what information must be provided and how that information must be presented. Food labelling should be clear, easy to read and not misleading. But the nutrition labelling rules do not apply to food supplements or natural mineral waters.

Using these food labels when shopping can help you make healthier choices, for example, by choosing foods and drinks that are:

- Lower in saturated fat
- Lower in sugar
- Lower in salt
- Lower in calories

https://www.nutrition.org.uk/creating-a-healthy-diet/food-labelling/



Marketing and Misinformation

Why are you Targeted?

Teenagers are prime targets for food marketers because you're forming habits and making more independent choices.

Social media is a major platform—ads are often disguised as influencer posts, memes, or challenges.

Peer influence matters—brands know that if your friends are into something, you might be too.

How Marketing Tricks You!

"Health-washing": Products labelled as "natural," "low-fat," or "organic" may still be high in sugar or salt.

Portion distortion: Ads often show oversized portions as normal, skewing your sense of how much is enough.

Emotional appeal: Ads use humour, nostalgia, or cool aesthetics to make junk food seem irresistible.

Gamified ads: Some brands use games, quizzes, or challenges to keep you engaged and subtly promote their products



Social Media and Misinformation

Influencers may be paid to promote unhealthy foods without clearly stating it's an ad.

"What I eat in a day" videos can be misleading and not nutritionally balanced.

Viral food trends (like extreme diets or bizarre snacks) often lack scientific backing and can be harmful.

Budgeting and Shopping

One of the biggest challenges you will face when living away from home is being able to budget for food each week.

These five hacks will help you save cash, eat well, and still have money left over for coffee dates, nights out or even that gym membership you swear you're going to use.
https://orlandovillage.co.uk/how-to-food-shop-on-a-budget/

Meal Planning

By planning your meals, you can use what you already have in the fridge/cupboard, as well as avoid repeat buying and impulse buys. It can also be useful to make a list and stick to it!

Own-Brand Goodness

Don't be fooled by big-named brands and clever marketing. Many supermarket own-brands are a better choice for budgets.

Shopping Later for Yellow Labels

Most supermarkets will have a time when you can grab a deal on their reduced items. Buying items that are reduced can save huge amounts, and many of these items can be frozen to be used later.

Don't Shop While You Are Hungry

It sounds obvious but if you do shop while you are hungry you are more likely to impulse buy.

Use Loyalty Cards

Free to sign up to and give you exclusive deals, money off vouchers and even points to spend in store.

Meal Prep

Meal prepping is the practice of preparing and portioning meals, snacks, or meal ingredients ahead of time, typically for several days at a time, to save time and effort later in the week. It is often used as a way to reduce costs as well.

It involves batch-cooking or portioning components so that when mealtimes arrive, you have a quick, convenient, and often healthier option ready to eat, whether by reheating a full meal or assembling a prepped dish.

Dishes that can be prepped include:

Shepherd's/Cottage/FIsh Pie

Pasta Bakes

Curry

Salads

Bolognese

Casseroles

Soups



Body Image and Diet Culture

Understanding body image and diet culture means recognizing societal pressures from media and peers, create unrealistic ideals leading to negative body image. This is a major risk factor for disordered eating.

It is important to recognize that media and social media often portray unrealistic and unachievable body types.

You should also beware of tactics that lead you to feel shame, food guilt or restrict what you eat to be a certain size, shape or weight.

Promote a Positive Body Image

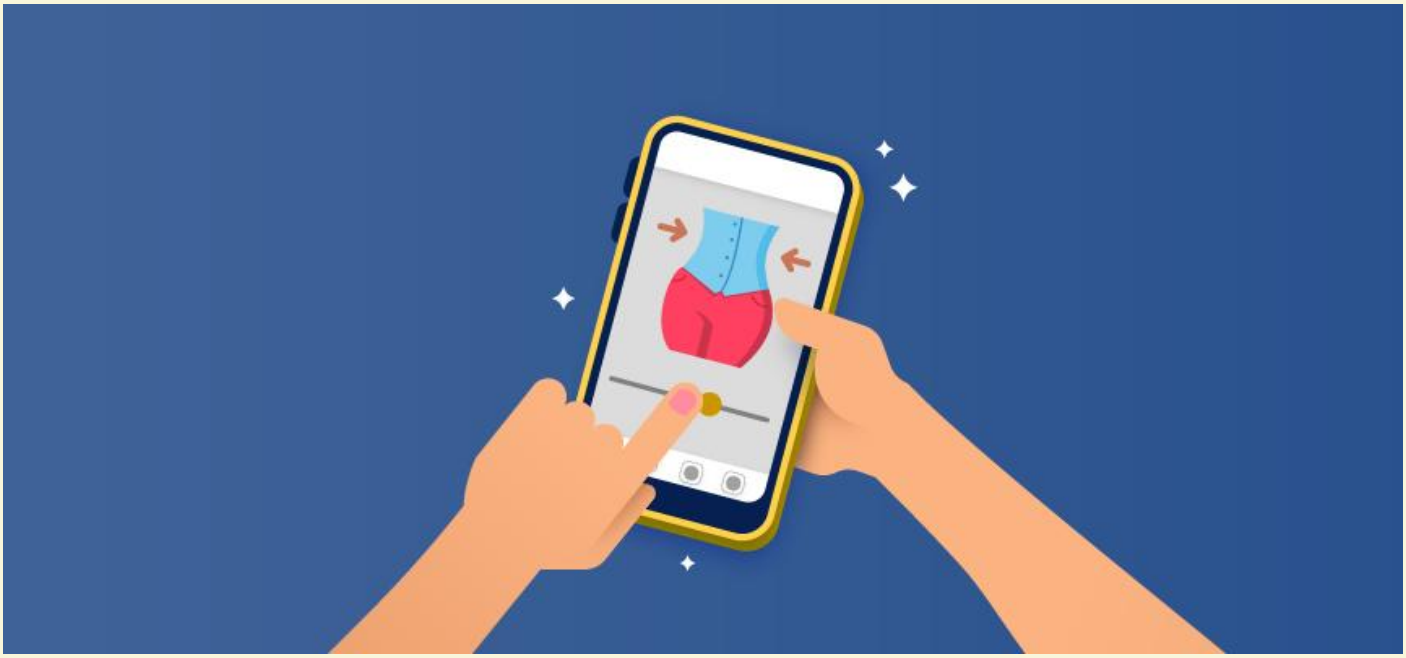
Focus on function, not just form. Appreciate what your body can do.

Practice positive self-talk to challenge negative thoughts. Celebrate your strengths.

Be mindful of social media and only follow accounts that promote body positivity.

Surround yourself with people that are supportive of you. Avoid those who are negative, particularly about your appearance.

Develop a healthy relationship with food by eating a varied, balanced and nutritious diet; enjoying your food and taking your time at meals; and avoiding diets that restrict certain foods.



Food Systems and Sustainability

A **food system** includes everything involved in getting food from farm to fork:

- **Production**: Growing crops, raising animals
- **Processing**: Turning raw ingredients into products
- **Distribution**: Transporting and selling food
- **Consumption**: What we eat and how we eat it
- **Waste**: What's thrown away or composted

Every step affects the environment, economy, and society.

Why Sustainability Matters?

A **sustainable food system**:

- Protects the planet (less pollution, less waste)
- Supports health (nutritious, safe food)
- Promotes fairness (affordable and accessible for all)

Respects workers (fair wages and safe conditions).

Unsustainable systems lead to:

- Climate change (from greenhouse gases)
- Deforestation and biodiversity loss
- Food insecurity and inequality

How You Can Make a Difference

- Eat more **plant-based meals**—even once or twice a week helps.
- Support **local farmers** and markets.
- Reduce **food waste** by planning meals and storing food properly.
- Learn to cook! It helps you understand ingredients and reduce reliance on processed foods.
- Use your voice—join youth movements like Act4Food to push for change.

Allergies, Intolerances and Dietary Requirements

Key Definitions

- **Food Allergy**: An immune system reaction to a specific food protein. Can be life-threatening (e.g. peanuts, shellfish).
- **Food Intolerance**: A digestive issue where the body struggles to process certain foods (e.g. lactose intolerance).
- **Dietary Requirements**: Specific nutritional needs due to health conditions, religious beliefs, ethical choices (e.g. diabetes, veganism, halal).

Allergies

- Check food labels for allergens.
- Inform staff when eating out.
- Carry emergency meds (e.g. EpiPen).
- Teach friends how to help in emergencies.

Intolerances

- Identify trigger foods (keep a food diary).
- Choose suitable alternatives (e.g. lactose-free milk).
- Seek advice from a GP or dietitian.

Dietary Requirements

- Follow medical diets carefully (e.g. coeliac, diabetes).
- Respect religious/ethical diets (e.g. halal, vegan).
- Ensure balanced nutrition—especially with restricted diets.
- Schools must accommodate dietary needs.

£5 Meal Challenge

For the £5 meal challenge you will select one of the families below and create a dish with only that amount of money.

The dish you plan and make must be suitable for the dietary requirements for the whole family, be within budget and include all accompaniments.

FAMILY 1
Nafyri family
(Vegetarian)



- Kalafe - Dad
- Nenet - Mum
- Nubia – Child
- Jafari – Child

FAMILY 2
Ansley family



- Imani - Mum
- Numa - Grandma (won't eat lamb)
- TJ - Child (nut allergy)
- Shanya - Teenager (having a go at being vegan)
- A dog called Archer

FAMILY 3
Rahman family



- Eesa - Dad (pescatarian – doesn't eat meat, only eats fish)
- Sunum - Mum (vegetarian)
- Ravvie - Toddler (just trying new tastes and textures)
- Zahra - Child
- A cat called Oreo

FAMILY 4
Wysocki family
(dairy free diet, as dairy makes the family very sick)



- Tomeck - Dad
- Jan – Dad
- Michal - Teenager
- Zofia - Teenager
- A tropical fish tank full of beautiful fish, 2 snails and a frog

FAMILY 5
Griffiths family (they can't eat bread or pasta because it can make their mum very ill)



- Roger - Dad
- Sian - Mum
- Ryan - Baby
- Shell - Teenager
- 2 Hamsters called Peanut and Butter
- A tortoise called Bob

FAMILY 6
Campbell family



- Jane – Mum (can't eat rice)
- Angie - Mum
- Poppy – Child
- Theo – Child (won't eat green vegetables)

Useful Websites

https://www.bbcgoodfood.com/

https://www.foodafactoflife.org.uk/

https://www.jamieoliver.com/recipes/student

https://www.bbc.co.uk/food/occasions/student_food

https://www.thestudentfoodproject.com/