

Recipe cards: School Food Standards

The **Cooking with Schools** recipes have been specifically developed by our in-house culinary and nutrition experts and support both the Government's Food-Based and Nutrient-Based Standards for School Food.

The **Interim food-based standards** have been in place since September 2006 in all schools which were introduced in response to children not choosing healthy options at lunchtime, and that the meals available did not meet their nutritional needs.

The food-based standards were introduced to change eating habits by increasing access to healthier, fresh foods, such as fruit and vegetables, and banning or restricting less healthy foods which are high in fat, sugar and salt, such as fried foods, processed meat and sugary drinks.

From September 2008 in primary schools (September 2009 in secondary schools), school food must meet the new **nutrient-based standards**, along with the revised food-based standards.

The nutrient-based standards consist of minimum or maximum levels for 14 key nutrients for children that an average lunch should provide, which are as follows.

- **Energy** – needed for growth and development.
- **Carbohydrate** – the main source of energy in the diet.
- **Non-Milk Extrinsic Sugars (NMES)** – added sugars which contribute to tooth decay.
- **Fat** – a source of energy and essential Fatty Acids, but too much can lead to weight gain.
- **Saturated Fat** – too much can cause high cholesterol levels and heart disease.
- **Protein** – for growth and repair.
- **Fibre** – for a healthy digestive system.
- **Sodium** – too much can cause high blood pressure.
- **Vitamin A** – for growth and repair, and to keep the eyes and immune system healthy.
- **Vitamin C** – helps absorb iron from food and supports the immune system.
- **Folate** – for blood cells and nervous system.
- **Calcium** – for growing bones and teeth.

- **Iron** – for healthy blood and immune system, too little can cause anaemia and increase the risk of infection.
- **Zinc** – for growth, repair and a healthy immune system.

For each of the recipes, we have supplied information on how much of these nutrients the recipes provide in a portion.

NB: Seeds' Heart Healthy Apple Spice Muffins, Seeds' Shaped Apricot Biscuits, Seeds' Quick Fruity Scones and Seeds' Banana Bread would only be served as part of a lunchtime meal rather than as a snack, as this is the only time they are allowed to be provided in order to comply with the food-based standards.

For more information about the new nutrient-based standards, please visit the School Food Trust's website www.schoolfoodtrust.org.uk or the School Food and Drink section on the TeacherNet website www.teachernet.gov.uk



Nutritional values

Recipe Title	Total Recipe Weight (g)	Number of Portions	Portion Size (g)	Primary School Average Portion Size (g)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Non-Milk Extrinsic Sugars (NMES) (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Sodium (g)	Salt Equivalent (g)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Calcium (mg)	Iron (mg)	Zinc (mg)
Seeds' Apricot Biscuits	283	20	14	40-50	48	0.7	7.6	2.9	1.8	0.4	0.5	0.02	0.04	26	0	15	11	0.2	0.1
Seeds' Banana Bread	640	12	53	40-50	146	2.5	27.7	9.6	3.5	0.8	1.3	0.19	0.47	46	2	31	72	0.6	0.2
Seeds the Baker	706	12	59	45-65	124	5.1	26.1	0.4	1.2	0.2	2.7	0.25	0.62	0	0	42	65	1.4	0.8
Seeds' Famous Fruit Salad	654	4	164	65-130	63	1.2	14.9	0.9	0.2	0	3.0	0.01	0.02	3	77	24	18	0.5	0.2
Seeds' 5-A-Day Fruit Sticks	575	4	144	N/A	69	1.2	16.5	0	0.2	0	2.8	0.01	0.02	4	51	23	29	0.3	0.2
Seeds' Heart Healthy Apple Spice Muffins	1413	24	59	40-50	106	2.7	22.9	16.3	0.9	0.1	1.1	0.12	0.31	1	0	10	30	0.6	0.5
Seeds' Pockets Full of Goodness	914	2	457	N/A	200	12.9	28.0	0.0	6.1	2.9	5.6	0.37	0.93	587	66	85	250	1.7	1.6
Seeds' Quick Fruity Scones	942	24	39	40-50	111	2.1	20	3.8	3.1	0.7	1.1	0.12	0.30	39	0	28	80	0.5	0.2
Seeds' Easy Peesey Tomatoey Pasta	1663	4	416	80-120	300	9.9	54.5	1.4	6.3	1.3	5.8	0.09	0.22	388	76	123	51	2.0	1.4
Seeds' Vegetable Stir-fry Delight	1479	4	370	40-60	220	12.8	31.0	1.9	5.9	1.3	14.1	0.61	1.51	668	152	133	117	3.5	1.3

