

WELCOME TO YOUR PHUNKYFOODS NEWSLETTER



Welcome to the Summer term!

We hope that you all enjoyed a break over the Easter holiday, and returned refreshed for Summer Term.

We're very much looking forward to working with you all in the coming weeks.

Please book in with your school's dedicated local PhunkyFoods Engagement & Development Co-ordinator (EDC,) for a planning meeting, request support or direction to some of our fantastic materials on the website, or contact us directly at help@phunkyfoods.com

Together, we can plan and deliver engaging, topic-based activities; support parent engagement events and workshops; set up our Food Explorers programme with Early Years; and much more!

Don't forget you can also book staff training sessions to refresh knowledge, upskill your team, and explore the full range of resources available on our website.

Annual Schools Survey... it's not too late!

Last term we sent out the latest Annual Schools survey to all the PhunkyFoods Lead contacts in each of our partner schools. If your school is yet to complete theirs, please, please follow the link below.

We really can't stress just **HOW VITAL** it is for us to evaluate the program, both the successes and to identify any areas for improvement, as well as serving an essential part in reporting back to our funding partners across the country.

🙏 Whilst we appreciate you are all very busy with other priorities, if you could spare just 5-10 minutes completing it for us we would be **extremely** grateful! 🙏

The link for the e-survey is at <https://www.surveymonkey.com/r/PhunkySurvey26>

or

for BUCKS schools only - <https://www.surveymonkey.com/r/PhunkyBUCKS26>

New Content & Resources!

We have recently added new material to our website, to provide even more ways to incorporate nutrition education in the curriculum.

Introducing 'Colours of the Rainbow' Preschool programme!

This has been created following the success of the Early Years 'Food Explorers' programme. Schools asked for more content for young pupils, especially those with preschools attached, therefore requiring two different schemes of work.



The five sessions encourage children to discover more about different coloured fruit and vegetables, through fun, no-pressure activities. Each session includes an introduction, discovery time and making time and the final lesson culminates with making a rainbow pizza!

We have also added to the SEN programme, with 'Snack Attack' and 'Food Waste' content.



Snack Attack

'Snack Attack' teaches pupils how to make healthy snack choices through a variety of practical activities

Whilst 'Food Waste' considers topics such as recycling, composting and using up leftover food.



Food Waste

Case Studies from last term...



The PhunkyFoods Programme

CASE STUDY: Stephenson's Memorial and Carville Primary, North Tyneside

In partnership with



Over five weeks, after-school cook clubs at Carville Primary School and Stephenson's Memorial Primary School gave children the opportunity to learn about healthy eating through practical, hands-on cooking.

Each session followed a different theme, including healthy breakfasts, packed lunch ideas, and recipes using a wide variety of fruits and vegetables. The children prepared dishes such as breakfast muffins, homemade pizzas, fruit salads, and smoothies while learning how these foods contribute to a balanced diet.

Throughout the programme, children practised key food preparation skills such as cutting, chopping, peeling, grating, mixing, and measuring, while also learning the importance of good food hygiene and keeping their workspace clean. They explored how their recipes linked to the Eatwell Guide and developed a clearer understanding of what makes a healthy meal or snack.



As the weeks progressed, the children became more confident and independent in preparing food, needing less support and showing greater care when using equipment.

They were enthusiastic about trying new fruits and vegetables and were proud to take the food they had cooked home to share with their families. Each child was also given a recipe sheet so they could recreate the dishes at home. The children loved reporting back the following week to share whether they and their families had enjoyed the food and whether they had made the recipes again.

The cook clubs successfully helped children build practical life skills, increase their confidence in the kitchen, and develop positive attitudes towards healthy eating in an enjoyable and engaging way.



"The PhunkyFoods after-school cooking club was a great success. Over six weeks, pupils gained hands-on experience preparing healthy recipes while learning about nutrition, food safety, and the importance of balanced choices.

Children showed growing confidence, teamwork, and enthusiasm each week, with many eager to share their new skills and try recipes at home. Parents and staff reported that the club encouraged pupils to explore new foods and take greater interest in healthy eating.

Overall, the programme was enjoyable, educational, and had a lasting positive impact on the children, equipping them with valuable life skills and a love of cooking".

Robyn Pollard–Teacher

"I have really enjoyed delivering the Cook Club sessions and getting to know the children each week. They often told me how much they looked forward to coming along after school. Seeing them develop their food preparation skills, grow in confidence using equipment safely, and become more willing to try new fruits and vegetables has been incredibly rewarding. It has been fantastic to hear the children report back that they had shared the food at home with their families and, in many cases, had made the recipes again together using the recipe sheets. I was really proud of the children and what they achieved during the cook club."

Emma Stott, EDC – Tyneside



The PhunkyFoods Programme

CASE STUDY: Moorside Community School, Halifax

In partnership with



This term PhunkyFoods have been working in the inclusion unit at Moorside Community School. The unit consists of 9 children aged 7 - 10 with a range of needs including Autism Spectrum Condition (ASC) and Sensory Processing Difficulties.

PhunkyFoods has been working with Moorside School for several years, so they were well versed in the PhunkyFoods programme. At the beginning of the year, the SENCO approached me as they had several children whom they had identified as reluctant eaters, displaying a limited food range and refusal to try new foods. Although the programme isn't aimed at individual children who have specific clinical needs. In consultation with the staff who work in the unit, we all felt that the Early Years Programme would be appropriate.

The first session took place during the Christmas term, with a focus on helping the children become familiar with the facilitator, build trust, and feel comfortable engaging in the workshops. Sessions then continued into the spring term every month, where the children explored new foods, textures, and smells.

During the food preparation and tasting workshops, some learners were initially reluctant to taste or eat the foods they had helped prepare. Several children expressed sensory sensitivities to certain textures and smells, while others showed anxiety around trying unfamiliar foods. Rather than applying pressure, a gradual and supportive approach was used. Learners were encouraged to explore the food through touch and smell first, with praise given for small steps such as holding or tasting. Reassurance was provided throughout, and alternative familiar foods were made available where needed.



The children remained calm, regulated, and engaged in the activities. Over time, some chose to try small portions independently. The workshops maintained a positive, inclusive, and supportive atmosphere throughout.

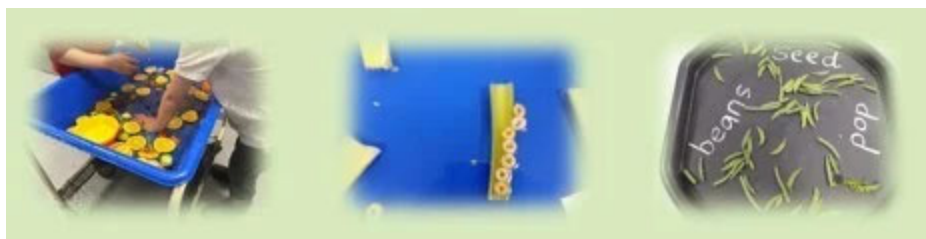
"The children always look forward to their PhunkyFoods session. Some of our children eat a restricted diet, and PhunkyFoods has enabled them to explore different tastes and textures in their own time. One child has developed a liking towards honey, which surprised his mum when he requested it during the weekly shop! Another child has begun making links between healthier alternatives for breakfast. During our healthy eating PSHE lessons, the children are able to talk about a wider selection of healthy foods and use different vocabulary to describe how they feel about new foods. The sessions are incredibly valuable to our children's future - supporting them to move away from the predictability of packet food and to reduce anxiety around eating loose foods such as fruit and vegetables.

The story aspect of the sessions has supported all of the children to involve themselves in the preparation of food, something many of the children don't usually have an opportunity to do. Not only are the children having fun, but they are enjoying another benefit to food and eating: the social opportunities. I have heard children commenting on what they like and don't like, wondering what two flavours might taste like when put together".

Helen Fawcett-Gibson – Big Hive class teacher

"This experience reinforced the importance of patience, flexibility, and person-centred practice in SEN environments. Moving forward, I will continue using graded exposure, positive reinforcement, and sensory-aware strategies to promote confidence around food".

Karen Cross, EDC – Halifax





The PhunkyFoods Programme

CASE STUDY: Foxes Piece School, Bucks.

In Partnership with



This term PhunkyFoods has been spending time at Foxes Piece School and their Pre-School Stepping Stones.

Food Explorers allows children the opportunity to be introduced to a variety of fruit and vegetables- some that they may not have tried before. With an emphasis on exploring through play, different to how we sit at a dinner table, it opens up an opportunity for children to use all their senses and their imagination, in the hope that they may even try the new flavours.

The 3 weeks spent at Stepping Stones marked the start of PhunkyFoods new Pre-school Food Explorers programme: Eat The Rainbow. Each week the class focus on a specific colour. Week 1 was Red- the group all did super exploring. It also marked a huge milestone for one child who had a very limited food repertoire- who ate strawberries and watermelon for the first time. The staff were so impressed and couldn't wait to tell the pupils' parents! The following weeks saw Stepping Stones exploring orange/ yellow and then finishing up on green.



PhunkyFoods had the pleasure of spending 5 weeks with Reception class.

The children all demonstrated excellent listening at story time, and all had a good go at having a play with the different fruits and vegetables we brought in for them to explore.

During one session, the children also got crafty, making pictures of vegetables look 'phunky'!

On the week of Oliver's Vegetables, one pupil enjoyed the vegetables so much that they filled a plate with leftovers to take as their lunch! The teacher was happy as they don't normally eat much of their lunch. As the class did such a splendid job exploring, Miss Fern awarded the whole class a star for their jar!



"We have loved working with you this term. The stories have been fun and engaging, and the children have really enjoyed exploring the food. Having a series of lessons has really supported the children's learning and have got to know you and feel safe to try the different foods. It has also consolidated learning. Now that you are not working with us, we have continued to run a PhunkyFoods lesson each week. This week, we read the story of 'The Runaway Pea'.

We tried all sorts of peas- frozen, tinned, mange tout, sugar snap and even mushy peas, and we have planted pea seeds for our garden. Next week, we are focusing on the book The Little Red Hen, and we will be trying different breads and may even make some bread, and then we will read Oliver's Milkshake and make some milk shakes to try. This project has been a real asset to our curriculum and our topic on Growing and Changing this term. Thanks for everything and see you again next year".

Miss Fern, Reception Teacher

"It has been an absolute pleasure getting to know both Stepping Stones and Reception Class at Foxes Piece. It was lovely to see their understanding on the Eatwell Guide improve, and watch their confidence grow when trying new foods. I look forward to being able to work with them all again soon!"

Lez, EDC – Buckinghamshire

Events & Awareness Days

National Gardening Week (27th April- 3rd May) The theme for National Gardening Week in 2024 is all about sharing your passion for plants. Events and activities are being run up and down the country. From beginners' workshops to guided walks, family activities to garden parties, there's something for everyone.

Salt Awareness Week (11th– 17th May) to help raise awareness of the damaging effects of excess salt in the diet.

National Smile Month (11th May - 11th June) Join the nation's biggest oral health campaign and help bring a smile to millions of people.

Walk to School Week (18th – 22nd May) Pupils are encouraged to walk, wheel, cycle, scoot or Park and Stride to school every day of the week as part of a five-day challenge.

[National Children's Gardening Week](#) (23rd -31st May) aims to inspire children's curiosity, whilst the warm weather is a great time to see speedy results of seed sowing, planting and other gardening activities.

[World Environment Day](#) (5th June) World Environment Day 2026 will rally the world around the urgency of climate action.

Recipe Spotlight... Overnight Oats!

Breakfast is an important opportunity to top up the energy stores your body uses overnight, while also providing essential nutrients such as fibre, vitamins, and minerals.

Studies have shown that eating breakfast can support mental performance, improve concentration, and even boost mood—three great reasons to start the day with a healthy meal. This is especially important ahead of more demanding days, such as during SATs week, when focus and sustained energy really matter.

Overnight oats are a simple, nutritious breakfast solution—perfect for busy mornings when time is tight. The flavour combinations are endless, from Very Berry and Carrot Cake to Apple and Raisin Overnight Oats... and many more!

They're also ideal for children to prepare themselves the night before, building independence in the kitchen. In the morning, they can be enjoyed cold or simply warmed with a splash of milk for 30–60 seconds in the microwave. Adding fruit or vegetables not only boosts nutrition but naturally sweetens the oats, reducing the need for added sugar or honey.

Find full details of the recipe [here](#).

Feel free to share this link with your families, along with our fab parent information leaflet "[Bag a Breakfast](#)"

Don't forget! **Bag-a-breakfast** Start EVERY day the right way!

1 Base your breakfast on... Starchy Carbohydrates to re-fuel your body

Choose one from:

- Bread, buns, muffins, crumpets or croissants (choose wholemeal or seeded)
- Wholegrain breakfast cereals
- Porridge

Choose one from:

- Seasonal fresh fruit or tinned/dried: Bananas, oranges, apricots, peaches, grapes/don't, melons
- 100ml of fresh fruit juice
- Seasonal fresh fruit smoothies
- Dried fruit or pomegranate seeds on cereal
- Cereal branettes or muesli on toast

Don't forget drinks to hydrate your body

Choose one from:

- Sterilised skimmed milk – or skimmed milk for children over 5 years
- 100ml of fresh unsweetened fruit juice
- A large glass of water

When you have a little extra time... Protein Foods for growth and repair

Choose one from:

- Poached/boiled eggs on wholemeal toast
- Mashed and cheese omelette
- Baked beans on wholemeal toast

3 Include... Dairy & Alternatives for healthy teeth and bones

Choose one from:

- Dairy fruit smoothie with yogurt and/or milk (100ml)
- Low fat and low sugar yogurt or fromage frais
- Serve your breakfast cereal with low fat milk

If you're pushed for time try our... Grab & Go breakfast toast!

Choose one from:

- A smoothie, banana and water/milk
- Breadsticks, low fat cheese, grapes/lemon and water
- Mini blueberry muffins, satsuma and water/milk

www.phunkyfoods.co.uk



A quick reminder on Website access...

There are loads of fantastic resources waiting for you in the **Members section** of our website, from lesson plans to activity ideas and more.

We've recently made a small update to the Members section layout—but don't worry, all the great resources are still there! If you have any trouble finding something, just give us a shout—we're happy to help.

🔑 Log in at: www.phunkyfoods.com

Forgotten your school's username or password?

No problem—just give us a call at **01628 486800** or email us at help@phunkyfoods.com.

Remember: one login per school—feel free to share it with colleagues!



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