



BRITISH  
**Nutrition**  
FOUNDATION



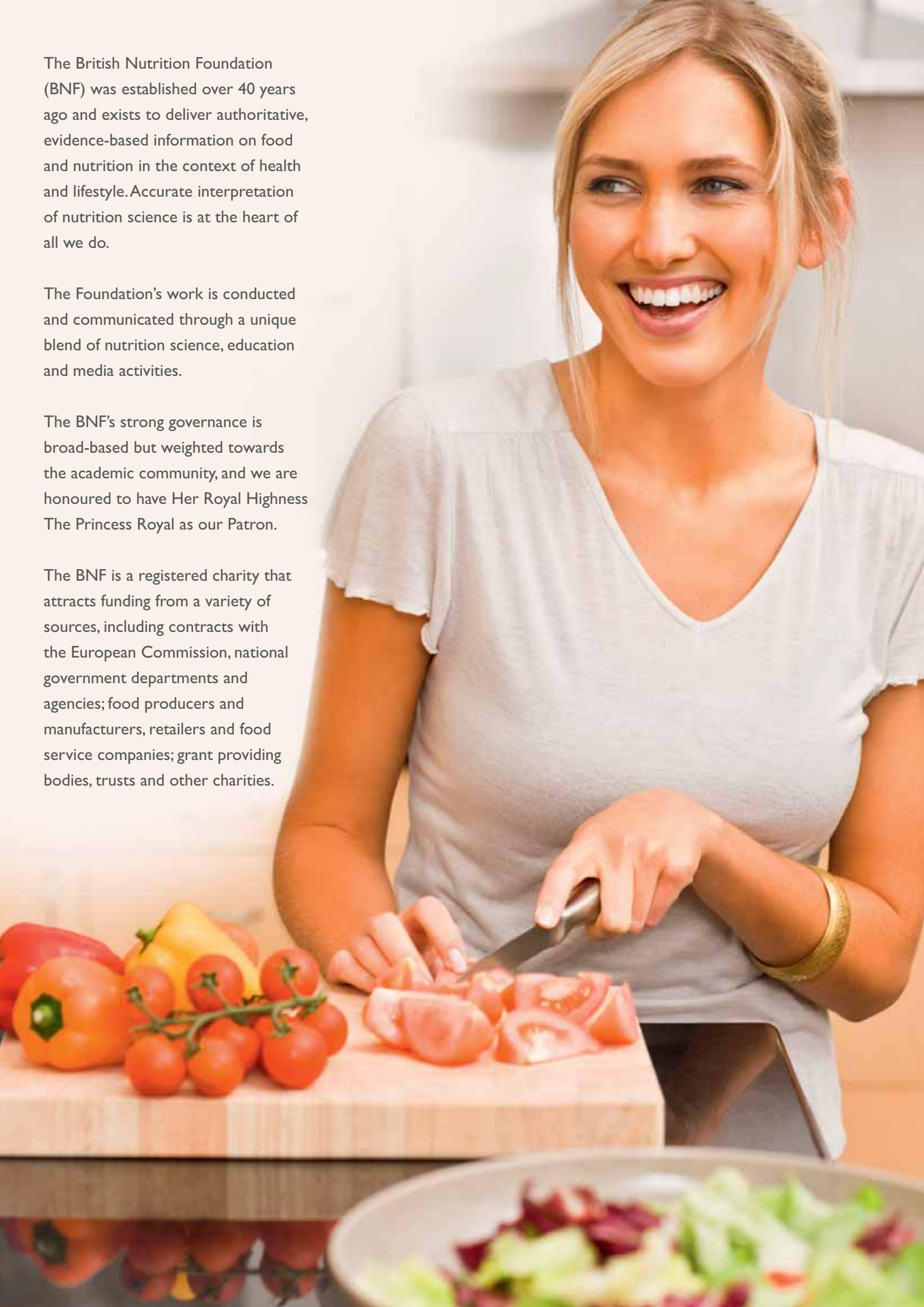


The British Nutrition Foundation (BNF) was established over 40 years ago and exists to deliver authoritative, evidence-based information on food and nutrition in the context of health and lifestyle. Accurate interpretation of nutrition science is at the heart of all we do.

The Foundation's work is conducted and communicated through a unique blend of nutrition science, education and media activities.

The BNF's strong governance is broad-based but weighted towards the academic community, and we are honoured to have Her Royal Highness The Princess Royal as our Patron.

The BNF is a registered charity that attracts funding from a variety of sources, including contracts with the European Commission, national government departments and agencies; food producers and manufacturers, retailers and food service companies; grant providing bodies, trusts and other charities.



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Professor Alan Shenkin has been the Honorary President of the British Nutrition Foundation since 2010. Professor Shenkin studied medicine in Glasgow and became a Consultant in Clinical Biochemistry at Glasgow Royal Infirmary in 1978, a post he held until 1990. He then moved to Liverpool as Professor and Head of the Department of Clinical Chemistry, and was also appointed Honorary Consultant Chemical Pathologist at the Royal Liverpool and Broadgreen University Hospitals. Since 2007, he has been an Emeritus Professor at the University of Liverpool. Professor Shenkin has had a long-standing association with various nutritional organisations, most notably the Medical Royal Colleges Intercollegiate Group on Nutrition and the European Society of Parenteral and Enteral Nutrition. His research interests have focused on vitamins and trace elements in health and disease, and the use of laboratory tests in assessing nutritional status.





# Report from the Chairman of the Board of Trustees

Professor Alan D. B. Malcolm

It has become a somewhat bizarre conundrum that our nation is simultaneously exercised about increasing levels of obesity, as well as the long term (in)security of the food supply. A recent exhibition at the Imperial War Museum reminded us that in the lifetime of some of us, Britain has coped successfully with both these challenges. However no-one wishes to return to naval blockades and food rationing. Those who missed the exhibition may enjoy the book based on it: *The Ministry of Food: Thrifty Wartime Ways to Feed your Family Today*, by Jane Fearnley-Whittingstall.

It is unlikely that any one solution to such complex problems will suffice, but reducing waste and improving storage will undoubtedly play a part. Both will require an understanding of the nutritional consequences of any action. The advice of the British Nutrition Foundation (BNF) will continue to be sought and valued.

Different sections of society have differing needs, and the Foundation now produces specialist materials aimed at the young, teenagers, the elderly, the pregnant, nursing mothers and others.

Although its focus is, and will remain, in the UK, the BNF is increasingly recognised overseas as an honest broker in nutritional matters. It has been particularly successful in winning project funding from the European Union, and work on two EC-funded contracts is underway. Through our (almost) tireless Director General, the Foundation is also playing a leading role in bringing together cognate bodies in other European countries, some of whom are partners in delivering the *European Food Framework* project, co-ordinated by the BNF.

Our *Food – a fact of life* website is now attracting over a million visits a year. This is a five fold increase during its five year lifetime and our leap into modern communications now includes podcasts and eSeminars, and these have been well received. We have now started producing educational materials in Welsh and, since the recent elections to the Scottish Parliament, we are discussing the opportunities of translation into Gaelic.

The Annual Lecture '*Interactions between Physical Activity and Appetite Control: can we reduce the energy gap?*' was given by Professor John Blundell, Chair of PsychoBiology at the University of Leeds, in the

presence of HRH The Princess Royal. As an Olympic competitor herself, she brings her own expert knowledge and experience. As a UK representative to the International Olympic Committee, her interest in this continues unabated. We are delighted that she plans to attend our major conference on the metabolic effects of physical activity this autumn.

The prize-giving took place on the same day, and presentations were made by HRH The Princess Royal to the winners of the GCSE and Standard Grade Awards and A-level and Advanced Higher Awards and also to the winner of the BNF Prize 2010, Professor Jeya Henry, Professor of Human Nutrition at Oxford Brookes University. This recognises his contribution of outstanding merit in the field of food, nutrition and health, over a period of many years.

Our Guest of Honour at The Annual Luncheon was Mr Meurig Raymond, Deputy President of the National Farmers Union, who reminded us of the vital role played by the farming industry in delivering a healthy and nourishing food supply.

Throughout the year, our programme of seminars, conferences, workshops and lectures has continued apace, covering hydration, as well as a series of events targeting the specific needs of teachers (including our new eSeminar programme to provide CPD for teachers), and a string of lectures to undergraduates and MSc students. Altogether these have directly reached an audience of almost 5,700 and many more will continue to benefit from the recorded information available to view on our websites. In addition, close to a further 100,000 people have been exposed to information from the BNF whilst attending 'baby show' events targeting parents and exhibitions for teachers during the year.

I was very disappointed that the *Nutrition Bulletin* was not accepted for inclusion in Medline - I am endlessly impressed with the quality, balance and depth of the reviews it contains and its absence is a glaring omission.

During the year we have not overlooked the more mundane aspects of running a successful charity and membership organisation. We have updated our Governance protocols, Risk Assessment, induction procedures for new staff, and information for new (or potential) member companies.





Although the staff have been stunningly successful in winning external contracts, we are still highly dependent on the support and contributions from member companies, and the Trustees would wish to express our gratitude.

The never ending mergers and dispositions within the industry does of course continue to prove challenging, and the Director General and her staff are to be congratulated on the agility which they have to practise in order to keep up. We have been delighted to welcome four new members to the BNF over the course of the financial year – Volac, Warburtons, Danisco and Merisant, and a new sustaining member, the Agriculture and Horticulture Development Board (AHDB).

In spite of our undoubted scientific and educational successes, several factors, including reductions in donations from several existing member companies associated with the economic climate and unbudgeted reorganisation as a consequence of this, have led to a disappointing year-end financially. Fortunately the Foundation had over several years prudently built up a financial cushion to give resilience and protection, and the Trustees and auditors are content that our reserves remain adequate to protect our long term stability and that appropriate action has been taken to strengthen the Foundation.

Stephanie Valentine retired recently, and much will be written about her egregious contribution to the development of BNF. I will therefore only make two personal comments. Stephanie had a wonderful (and sometimes wicked) sense of humour, and usually managed to inject a feeling of fun into whatever she was doing. It is a very great tribute to her that she



has left behind a superb group in Education who we can be sure will continue her legacy.

Other colleagues who left during the year included Tom Barclay, Christine Price and Sarah Schenker. On behalf of the Trustees, I would like to express our gratitude to them for their contribution to the Foundation.

We were very sorry to hear of the untimely death in December of one of our Trustees, Bob Marsh, and the deaths of two eminent scientists, both of whom had made a huge contribution to the BNF over many decades. Professor John Waterlow was a Governor from 1967 to 1997 and served as Vice Chairman and Chairman of Council in 1975 and 1976, respectively. Professor Dame Barbara Clayton had been our Honorary President from 1999 to 2007, and her wise advice was always appreciated. Fuller records of our indebtedness to them appeared in *Nutrition Bulletin* in March and June 2011, respectively.

I have however been delighted to have the opportunity to work alongside our new Honorary President, Professor Alan Shenkin, whom I first met when we were fledgling scientists 39 years ago.

Having been Chair of Council from 1998 to 2000, I was surprised, but delighted, to be invited back to succeed Paul Hebblethwaite as Chair of Trustees. Delighted, because my respect for the work which the Foundation continues to carry out has continued to grow in the intervening 11 years. I look forward to the year ahead, and the BNF's continued success.

# Director General's Report

Professor Judith Buttriss

In my report this year I reflect on the challenges we and others have faced over the past year and our response to these challenges in our efforts to deliver our charitable objectives, to support those we work with, including our colleagues in academia and the teaching and health professions, and also to strengthen the Foundation. Last year we referred to our intention to review and strengthen membership recruitment and retention strategies and to explore new funding streams and this has indeed been a feature of our work over the past 12 months, laying the groundwork for some new initiatives in 2011/12.

This time last year, we had a new government and the prospect of a new health strategy, focusing on public health rather than the treatment of disease, and the potential opportunities afforded by greater partnership working, the Public Health Responsibility Deal and the heralding of the 'nudge' philosophy. One year on, many of the companies we work with have pledged to continue their journeys on salt reduction and, where relevant, to complete 'artificial' trans fat removal, and to provide calorie labelling for food consumed out-of-home. But these pledges are proving to be challenging for a number of reasons, including the technical challenges of further salt reduction (whilst avoiding unacceptable taste profile changes) and of implementing processes for providing sufficiently accurate calorie values for menus that change on a regular basis in staff canteens or where the addition of ingredients is not strictly controlled.

From the consumer perspective, in the current economic climate, the importance of the health agenda when shopping for food may have taken a knock as family purse strings tighten and there is little margin for experimentation with foods the family may find less familiar or less palatable. We have been playing our part in government discussions and policy development by engagement with working groups, in particular the Calorie Reduction Expert Group and work focussing on the development of criteria to capture the contribution composite foods make to achievement of 5 A DAY, and we have recently introduced a members' forum to focus on the challenges faced by the food service/out-of-home sector and to facilitate the sharing of best practice.

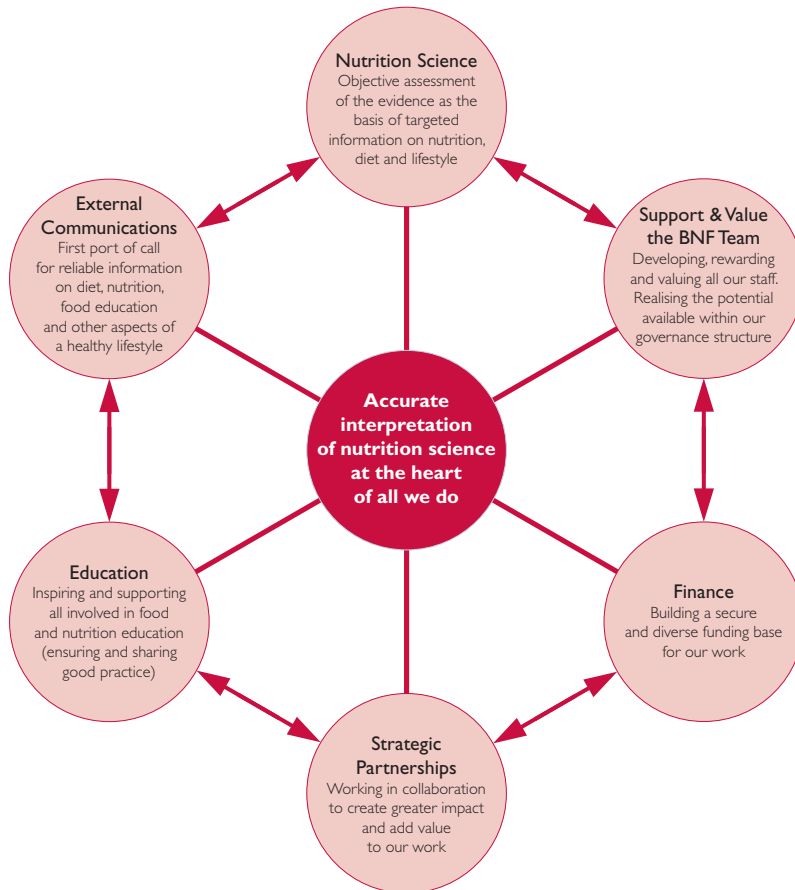
Family health and that of future generations has been a strong theme in the media and for BNF during the year, with the production of a dedicated area of our website for mums-to-be and new parents. This theme will continue in 2011/12 with the launch of a new

Task Force report that Sara Stanner refers to in her report, which emphasises the importance of giving the next generation the best start in life, and the role of nutrition in this process.

School education has also been in the spotlight. The expected changes to the curriculum in England, set in train several years ago, which would have made food lessons compulsory at Key Stage 3 thus helping to further raise the prominence of food and health, have not been realised. Although a set back, there is an ongoing review of the entire curriculum in which the Foundation has already been actively involved. Undeterred, we have been developing resources that can be used in primary schools across the curriculum, supporting teachers in their efforts to use food as a theme in history, geography or maths. For secondary schools, we continue to provide up-to-date information to support high quality, rigorous food and nutrition work.

During the year, another continuing and high profile theme has been the challenge of ensuring food security and a sustainable food supply that does not impact negatively on the environment (and our ability to continue to produce food) through agricultural systems designed to help mitigate the impact of climate change. This has been highlighted by the launch of a comprehensive Foresight report by the Government Office for Science on the future of food and farming from a global perspective and promotion of the concept of sustainable intensification. The report considered the five key challenges to the global food system of balancing future demand and supply sustainably, addressing the threat of future volatility in the food system, ending hunger, meeting the challenges of a low emissions world, and maintaining biodiversity and ecosystem services while feeding the world. Debate continues on many fronts, including whether the UK should seek to be more self sufficient in food production, and risk the exaggerated impact of a poor harvest as has happened elsewhere in the world in countries more reliant on home production than the UK, or adopt a more global attitude to food production. We have played our part in the debate through my involvement in the Food Research Partnership and some of Defra's research activities, via our members' forum on sustainable healthy diets and through commissioning papers to be published in a themed issue of *Nutrition Bulletin* on the challenges associated with sustainable agriculture and food supply from a nutrition perspective, which will be published in December





**Figure 1:** An illustration of how BNF's strategic objectives for 2010-11 are linked with our overall aims

2011. The purpose of this special issue of the journal is to highlight the need to look at this multifaceted challenge in a more integrated fashion that recognises the need to consider more than one outcome, and the impact (possibly detrimental) of one on another. Future policies on sustainable food production need to focus on the combination of economic (including health), environmental and social impacts on production systems, as well as taking into account the constraints associated with critical resources, namely water, energy and land (including soil quality and its conservation).

There have been some notable highs and some lows during the year. Despite the economic climate, which has proved challenging to organisations small and large, both here in the UK and indeed globally, we exceeded the target set for new membership income, welcomed four new member companies and gained a new sustaining member. The education and science teams, led by Roy Ballam and Sara Stanner respectively, have to be congratulated for substantially exceeding the targets set for new project income for the year. They present highlights for the year in their respective reports, demonstrating how these feed into our overall strategy. In addition, we have continued our efforts to reinvigorate the network of European Nutrition Foundations (ENF), which now meets regularly, and to expand our involvement in European projects. The *European Food Framework* initiative, which we co-ordinate, has progressed exceptionally well during the year and benefits from collaboration with several of our ENF counterparts.

As to the lows, we have not been immune to the widespread effects of the economic climate and have also been affected by the landscape of mergers and acquisitions, streamlining within businesses, and the tightening of belts by government, research funders and others. In recognition of the challenging times we live in, the Foundation has built on changes that were already underway with the retirement of a longstanding colleague, Stephanie Valentine, to further adjust its management structure around a core team comprising myself, Roy Ballam and Sara Stanner, and also to outsource some key functions. This has allowed us to make significant reductions in our fixed costs for the coming year.

As a result of the investment of time and energies, including the changes in management team and focus, the prediction is a return to a balanced budget and



a modest surplus to build reserves in the 2011/12 financial year. We have made a new appointment, a full time Finance Manager who joins us in August 2011, and have a consultant working part time to provide support with new income generation and external/membership relations. We are also outsourcing HR expertise and other key areas of support such as IT. The BNF team is focussed on increasing membership income, and efforts during the latter quarter of 2010/11 are already reaping benefits as we enter the new financial year. New services for Foundation users have been developed, such as our series of forums for members mentioned above, and our horizon scanning function for members has been expanded and remains popular. A Company Nutritionist described BNF's *Emerging Issues* quarterly reviews as "very clear and accessible. It helps us keep up to date as well as responsive to immediate issues." Commenting on BNF's *Emerging Research*, she said "This is especially useful for the application of nutrition science/research to our food industry setting, and the BNF comments really help put the research in the context of public health policy and relevant food /nutrition legislation".

Other initiatives and services are being developed. Late in the 2010/11 financial year we secured funding to enable us to develop and deliver on-line training in basic nutrition for a wide range of interested parties, including those interested in life-long learning, building on our work to date with in-service training for teachers and continuing professional development (CPD) for health professionals. This new 'platform' will be launched in Autumn 2011 and its development is being led by Roy Ballam with support from staff across the Foundation.

As we reported last year, audit and reflection are important features of the approach we adopt at the Foundation. When we last reviewed the perceived benefits of membership, the message that came across loud and clear was that it is the independence, integrity and scientific and educational rigour that underpin our work that members value the most, with quotes such as "the key things BNF does really well are education and evaluation and communication of nutrition science" and "I greatly value our membership as it permits me ready access to independent, credible and up-to-date information and/or a point of view on any aspect of nutrition science". During the year we reviewed the impact of our communications strategy and have further audits on the agenda for 2011/12.

It has been a tough 12 months for the Foundation, as for many other organisations and institutions, but as usual the staff have risen to the many challenges that have come our way, and have behaved professionally throughout. They have my sincere gratitude for their attitude and approach. Thanks are also due in large measure to the Honorary Officers, Trustees and Governors for their support and wisdom, and of course to our members and the others with whom we have worked and interacted on a number of interesting projects during the past year. We begin the new financial year on an optimistic note with new members joining during the first few weeks and important and strategically relevant projects secured.







# Science Programme

Sara Stanner, Science Programme Manager

*Translation of evidence-based information about diet, nutrition and lifestyle into targeted resources to suit the needs of different stakeholders*

The main objective of the BNF's Science Programme is to disseminate independent, authoritative information about diet, physical activity and health to external audiences, including health professionals, the media, industry, educators, the general public, policy makers and opinion formers. The Science Team prides itself on its ability to translate complex science into clear information to suit the varying needs of all of its key stakeholders.

## Assessing the evidence

Over the last year, we have continued to develop resources, collating and appraising the latest evidence on a range of topical nutritional issues. Amongst others, these have included papers published in our peer reviewed journal, *Nutrition Bulletin*, exploring the possible reasons for the decline in potato consumption in the UK and the potential consequences for our nutrient intake, as well as the health effects of apple polyphenols. In March 2011, we published an in-depth review of the role of red meat in the diet, which considered consumption of red meat in the UK and elsewhere, its nutritional content and its effect on health and chronic disease outcomes. To disseminate our findings more widely, we presented at several relevant conference events and gave two eSeminars for teachers on this topic.

Our briefing papers are always popular with health professionals and students in particular, and we have worked on two new topics this year. The first, written together with Georgine Leung from the Education Group, focuses on the diets of minority ethnic groups in the UK, investigating how diet might influence their risk of chronic diseases and considering the implications in terms of preventative strategies. The second, by Dr Elizabeth Weichselbaum, has updated our previous briefing paper on nutrition, health and schoolchildren. This considers the diets of children aged 5-18 years, along with the factors affecting their food choices and physical activity habits, and reviews initiatives to encourage behaviour change in this age group. These Briefing Papers will be published in the June and September 2011 issues of *Nutrition Bulletin* respectively.

We continue to work on our new Task Force report on *Nutrition and Development: Short and Long Term consequences for Health*. This Task Force, which involves a group of internationally recognised scientific experts, chaired by Professor Tom Sanders from Kings' College London, is considering the evidence for the impact of vulnerable periods during

early life where impaired growth or development may lead to chronic disease in adulthood. We shall be publishing and launching the report in 2012.

## Communicating our messages and activities

Our website ([www.nutrition.org.uk](http://www.nutrition.org.uk)) remains our most important tool for communicating our messages and activities to health professionals, consumers and the media. This continues to receive around 30,000 visits each month and, following its review last year, we have continued to update and expand the content, particularly in the healthy living (consumer) section.

Our journal, *Nutrition Bulletin*, helps us to engage with and disseminate nutrition science to health professionals. This is overseen by an international Editorial Board and provides in-depth reviews of the relationship between diet and health, alongside 'News and Views' articles presenting opinions on topical issues, updates of EU-funded research and 'Facts Behind the Headline' articles setting the record straight on misunderstandings created by the media. We also now include an 'Emerging Science' section in which we summarise key research in the field. Despite the difficult financial climate the journal continues to flourish, with downloads increasing to an all time high of 100,912 in 2010 (up by 22% from 2009). We also write regularly for other health professional journals on a range of topics (e.g. *Network Health Dietitians*, the *Journal of Practice Nursing*, *Complete Nutrition*).

We have continued our programme of conferences and in November 2010 we held a conference to discuss the science around hydration, including the physiology of water balance, the health effects of different beverages and data on fluid intakes. This event helped to disseminate the findings of our review on this topic (published in *Nutrition Bulletin* in March 2010) and included a number of interesting short original communications from PhD students and researchers. Short films and interviews from the speakers at the conference were placed on our website and have proved extremely popular.

## Increasing our direct engagement with consumers

A member of the Science Team is available every day during working hours to provide a free advice service to journalists to help them to report accurately about diet and health. We have also been improving the





consumer section of our website to provide targeted, evidence-based information directly to the general public. 'Pregnancy' is the most searched for health-related term on Google and recognised as a time women are motivated to adapt their food and lifestyle choices to do the best for their unborn child. To capitalise on this demand for targeted information we have developed Nutrition for Baby ([www.nutrition4baby.co.uk](http://www.nutrition4baby.co.uk)) – a consumer focused section of our main website, to be launched in June 2011, aimed at pregnant women, their partners and families. This provides stage-by-stage tailored information and advice on diet, health and physical activity, from pre-conception through birth and weaning, including recipe ideas and tips for keeping active. As well as working with leading mother and baby magazines, we shall be using social media, including Twitter and Facebook, to engage those interested in this topic.

For several years, we have been involved in providing advice on the recipes and content of the Sainsbury's magazine and website (*LittleOnes*) targeting pregnant women and new mums. We were delighted to extend this work by providing support at a series of Babyshows. This allowed us to meet pregnant women and new mothers who were looking for independent advice on diet and pregnancy issues as well as weaning, and to provide information alongside practical cookery demonstrations. We would very much like to engage with further opportunities of this kind in the future.

I continue to act as a 'Lifecoach' for the Sunday Telegraph Life section, answering readers' questions about diet alongside a medical expert and a fitness expert. Bridget Benelam is now on the advisory

team for the *Healthy Food Guide* magazine, which was recently launched in the UK.

### Working in Europe

Our involvement with European Commission (EC) funded projects enables us to promote the activities of the Foundation to stakeholders across Europe and showcase our skills in the dissemination of nutrition information to a wider audience. Over the last 5 years, BNF has been closely involved with the EuroFIR project (short for European Food Information Resource), which has successfully built a comprehensive, coherent and validated databank providing a single, authoritative source of food composition data in Europe for nutrients and for plant bioactive substances that have potential health benefits. Although this project came to an end in this form in June 2010, the EuroFIR network continues to exist as a legal entity called EuroFIR AISBL (Association Internationale Sans But Lucratif), based in Brussels ([www.eurofir.net](http://www.eurofir.net)). This is a non-profit organisation which is providing the outputs of the EuroFIR project, including access to the eSearch facility (the web portal that allows all online European and international food composition databases to be searched simultaneously). EC funding has also been obtained for a further 2 years to continue the project as EuroFIR NEXUS and, as before, BNF is leading the dissemination work, the main aim of which will be to promote the opportunities afforded by EuroFIR AISBL.

We are also involved in ProSafeBeef, a 5-year EU sixth Framework Integrated Project, involving 41 leading research and industrial organisations from across Europe. Through research and innovation, ProSafeBeef aims to advance beef safety and quality







across Europe, and to develop new nutritious beef products in a bid to enable the beef chain in Europe to thrive and diversify. BNF has a supporting role in the dissemination activities of this project which, for example, involves producing several newsletters and up-dating the ProSafeBeef website. We are also enjoying working alongside the BNF Education Group with the *European Food Framework* project.

#### **Working with our member companies**

We work with our member companies in a wide variety of ways – for example, independently reviewing the scientific evidence on topical nutritional issues for papers or articles or for internal use; checking the accuracy of website material, articles or leaflets; providing recipe analysis; giving talks or updates; and providing training. We value the experience and insight that engaging with our members provides, in particular in relation to our forums. The Functional Foods Forum allows members to discuss and share their views about communications in relation to foods in the current regulatory climate. The Sustainable Healthy Diets Forum has created stimulating discussion about the important challenges that lie ahead in providing food with less environmental impact, within the context of constrained resources, an increasing global population and the likelihood of global warming, and a new forum is planned that will focus on the challenges facing those operating in the out-of-home sector.

To help our member companies keep up-to-date with nutritional issues and policy developments, we publish a set of three e-newsletters on a quarterly basis which summarise research and policy developments across Europe and beyond and related legislation, alongside a brief summary of BNF's activities. We have

received positive feedback from member companies about these newsletters as well as some useful suggestions, which we have taken on board, about how they could be improved.

#### **Seeking and fostering partnerships with others**

The Foundation maintains and fosters its links with many organisations and individuals interested in and concerned about food and nutrition. In particular this year we have actively sought opportunities to work with other charities. We have recently embarked on a project with the Arthritic Association to review the role of diet in the development and progression of osteo- and rheumatoid arthritis.

We have also developed our links with the Royal College of Midwives (RCM) and are planning to develop an online training course on nutrition for use by midwives as part of their CPD. We were pleased to be asked by the Food Standards Agency to write a paper reviewing its salt reduction programme and discussing some of the technical challenges to reformulation. The paper illustrates the importance of a partnership between government and the food industry to the success of such initiatives. It will be published in the journal *Public Health Nutrition* at the end of 2011.

We continue to be involved in a project to update data on the composition of foods in the UK that will culminate in the publication of the 7th edition of *McCance and Widdowson's The Composition of Foods*. This 4-year project, originally commissioned by the Food Standards Agency, will update and extend this vital information source, used widely by dietitians, nutritionists and many working within





the food industry. BNF leads on dissemination and stakeholder engagement. We have organised events for the food industry and for dietitians to discuss their needs from this database and to identify opportunities for data sharing. Most recently we have been involved in helping to coordinate industry feedback on the project's plans for new analyses of fruit and vegetables. Input from the food industry has helped the project gain information about, for example, new products, market share and seasonality, helping to make sure the new data are as relevant as possible. BNF will be presenting a poster on this project at the forthcoming International Food Data Conference in Norwich, in September 2011.

#### **Protecting our most valuable assets**

The Science Team consists of highly qualified and hard working nutritionists who support each other to ensure that we provide quality outputs of which we are proud. Protecting our reputation as a source of independent, accurate information on food and nutrition is, of course, of utmost importance to us as health professionals. The scientific content of our programme is overseen by academics who kindly give up their time to participate as members of the BNF's Council, advisory committees, the editorial board of *Nutrition Bulletin* and our Task Forces. We are very grateful for their continued and invaluable support.









# Education Programme

Roy Ballam, Education Programme Manager

*Inspiring and supporting all involved in food and nutrition education*

## Consolidating and expanding our work

The Foundation is proud that its unique education programme, *Food – a fact of life*, continues to support students, teachers and other learners. During the past year, the website has had 1,124,392 visits (up 18% on the previous year), with a staggering 2,752,841 downloads (up 43%). This is a clear indication of the value teachers and learners place on our resources, which are up-to-date, curriculum compliant and accurate.

New to the education programme this year has been the development and launch of primary resources which feature four children Alisha, Jordan, Nicola and Ronnie as they explore healthy eating, cooking and where food comes from through six exciting stories. The stories have been designed to support cross-curricular/inter-disciplinary learning and are accompanied by a variety of classroom resources, which are ideal for interactive whiteboards. In addition, we launched a set of secondary materials focusing on where our food comes from and how it is produced, helping individuals make more informed choices about their diet. This work has been supported by DairyCo. We also launched a new online resource, *Cook Coach*, which provides support, advice and recipes for people learning how to cook. The website has also seen the addition of new early years information, and some of our primary healthy eating resources are now available in Welsh.

We continue to make use of new technologies to support effective teaching and learning, as well as social media as a communication tool. During the year we broadcast a series of 24 eSeminars for secondary teachers and their students, including the BNF Annual Lecture. The eSeminars offer CPD opportunities for secondary teachers and also nutrition updates for students studying at GCSE/Standard Grade and A-level/Advanced Higher levels. Presentations have been given by BNF Education and Science staff, as well as external speakers (including Professor Sue Lanham-New, Surrey University; Dr Julian Cooper, British Sugar; Professor Parveen Yaqoob, University of Reading and Professor Philip Calder, University of Southampton). Feedback from schools was extremely positive, and plans are set to continue this form of training and communication in 2011-2012. Our video podcast series continues to expand, with the addition of new 'nutrition basics' videos on energy, protein and carbohydrate (with a video on fat being launched later in the year). We have also been developing an

online diet and activity tool for teenagers, after successfully applying for a grant from the All Saints Educational Trust. The tool will allow teenagers to compare their diets to *The eatwell plate*, and to aspects of the 8 tips for eating well and physical activity guidelines. This will be launched in the new academic year. Lastly, plans are in place to develop an online CPD platform, providing an opportunity for teachers, students, health professionals, food industry personnel and others with an interest in food and nutrition, to take part in high quality training.

To complement our extensive range of digital materials, we also produced a set of 8 printed A2 full-colour posters on energy, macro- and micro-nutrients, fibre and water. These have been well received by schools as an engaging, modern and informative display for the classroom.

## Expanding horizons

We have continued to enjoy working with the Science Team to complete Year 1 and start Year 2 of the *European Food Framework* project. Year 1 resulted in the development of a Framework which highlights the core competences young Europeans should acquire about diet (food and drink), active lifestyles and energy balance between the ages of 5-16 years. A key factor in the success of the project has been the engagement of a Main Advisory Group and three Topic Advisory Groups comprising leading health and education experts from throughout Europe. Year 2 is to develop resources to engage young people with the Framework. Five pilot projects are underway in Austria, Malta, Spain, UK and throughout Europe via the Schools for Health (SHE) Network. The various projects include aspects such as the development of teaching materials, a project website, collation of case studies and a peer teaching programme. The Framework and pilot project information have been uploaded to [www.europeanfoodframework.eu](http://www.europeanfoodframework.eu)

We continue to communicate with schools via our monthly emails, termly printed newsletters and regular social networking updates. We have also attended important education events, including the Design and Technology Education Show, Association for Science Education conference, BETT Show and the Education Show – potentially reaching almost 45,000 delegates. These events provided ideal opportunities to showcase our resources, listen to the needs of teachers and engage with other education professionals. During the year, we also





sent promotional flyers to all primary and secondary schools throughout the UK and tested a variety of new media promotions.

#### **Working and advising others**

At the end of March 2011 we successfully completed three national food education contracts, in a consortium with the Specialist Schools and Academies Trust and the Design and Technology Association, for the Department for Education (DfE). The *Food in Schools* programme successfully trained hundreds of primary school teachers to deliver high quality food lessons, *Licence to Cook* provided schools with appropriate teaching and learning tools and resources to support the entitlement to cook for all secondary school pupils in England and *Teach Food Technology* trained qualified teachers to teach aspects of food at Key Stage 3.

We also continued to work with our member companies in a variety of ways to support educational initiatives. Projects included *Active Kids Get Cooking*, supporting food work in primary and secondary schools throughout the UK (Sainsbury's); *Inspire! Awards*, celebrating and rewarding teachers (nabim and HGCA); *Breakfast Clubs*, providing support for schools (Kellogg's); *Grow Your Own Potatoes*, updating resources for primary schools (Potato Council); *Toque d'Or* awards, delivering nutrition training for young chefs (Nestlé) and *Eat Like A Champ*, supporting work in primary schools around healthy eating and physical activity (Danone). In October 2010, work also began with the Agriculture and Horticulture Development Board to support the management and development of its *Meat and Education Programme*.

In June 2010, we worked with the Council for the Curriculum, Examinations and Assessment (CCEA) in Northern Ireland to host two one-day conferences for secondary school Home Economics teachers.

These days were fully subscribed (80 delegates each day). Those schools in Northern Ireland that were unable to attend received the presentations and information handouts. The conferences were chaired by Professor Barbara Livingstone, University of Ulster, who is a Scientific Governor of the Foundation. We also hosted four regional Scottish education conferences in September 2010. These were popular events, attended by a total of 214 secondary Home Economics teachers. We are committed to supporting teachers' continuing professional development and will explore a range of appropriate avenues in the future. Members of the BNF's Education Group have also spoken at numerous external conferences, training events and meetings.

#### **Listening and learning from others**

An important aspect of our work in 2010-11 was hosting an online external review of the *Food – a fact of life* programme. The results provided a great insight into what teachers, and others with an interest in teaching food and nutrition, thought about different aspects of the Foundation's education programme. In total, 860 individuals took part - 95% rating our website as either 'very good' or 'good', 95% rating our work as 'excellent' or 'good' for being trustworthy and 75% indicating that our programme was 'the best' or 'better' than others (24% said 'no better or worse'). The findings from this review have now been integrated into our 2011-12 work plan, with another external review being scheduled in 2012.

We met with three of our Regional Education Working Groups in England, Northern Ireland and Scotland (the Welsh Group meeting will take place in October 2011). These Groups continue to provide the Foundation with constructive feedback on our work, as well as proactive help and advice on regional educational issues. This consultative work





with educationalists throughout the UK ensures that our education strategy, materials development and presence in schools is supportive and acts as a catalyst for successful teaching and learning.

#### Developing the Group

The Education Group is a strong, supportive team which utilises individual expertise effectively. The Group strives continually to create fantastic new materials to stimulate teacher's teaching and learner's learning. The monthly work plan is still in operation, ensuring that the BNF's strategic objectives are realised, and regular formal meetings ensure that targets are being met. The Group said goodbye to Stephanie Valentine at the end of May 2011. We thank Stephanie for her work and dedication at the Foundation which enables us to continue our important work today and in the future.

#### Planning for the future

With schools facing financial cuts and worries over the future of education, the Foundation is determined and committed to continue its *Food – a fact of life* education programme for all schools throughout the UK. We will take an active role in the DfE National Curriculum Review in England, supporting the inclusion of food and nutrition teaching. Over the forthcoming year, we plan to communicate with more schools and teachers, helping them teach food and nutrition using a range of innovative resources to enable young people to achieve excellence.









# Awards

The Foundation rewards excellent work in food and nutrition by students and their teachers throughout the UK. Annual awards are given to students at GCSE and Standard Grade levels, and at A-level and Advanced Higher. This year's awards were presented to the winners by Her Royal Highness The Princess Royal, the Foundation's patron. Further information can be found at [www.nutrition.org.uk/aboutbnf/awards](http://www.nutrition.org.uk/aboutbnf/awards)

## BNF GCSE and Standard Grade Prizes 2010

Assessment and Qualifications Authority

Charlotte Burns *Heckmondwike Grammar School, West Yorkshire*

Council for the Curriculum, Examinations and Assessment (Northern Ireland)

Chloe Gilkes *Methodist College, Belfast*

Edexcel

Georgina Layton *Lady Manners School, Derbyshire*

Oxford, Cambridge and RSA Examinations Group

Jessica Irons *Stowmarket High School, Suffolk*

Scottish Qualifications Authority

Amy Elliot *Craigmount High School, Edinburgh*

Welsh Joint Education Committee

Emily Davies *Stroud High School, Gloucestershire*

## BNF A-level and Advanced Higher Prizes 2010

Assessment and Qualifications Authority

Sarah Beckett and Ella Bowen *South Wilts Grammar School for Girls, Wiltshire*

Council for the Curriculum, Examinations and Assessment (Northern Ireland)

Judith McLean *The Royal School, Co. Tyrone*

Edexcel

Alexandra Harper *Northampton School for Girls, Northamptonshire*

Oxford, Cambridge and RSA Examinations Group

Emma Brocksom *St Catherine's School, Surrey*

Scottish Qualifications Authority

Clarissa De Kruijff *Dingwall Academy, Ross-Shire*

Welsh Joint Education Committee

Lucy Vine *Chepstow School, Monmouthshire*

## The Denis Burkitt Study Awards 2011

BNF established The Denis Burkitt Study Awards Scheme in 1994 with the support of the Kellogg Company of Great Britain Limited and Dr Burkitt's widow. The awards scheme offers financial assistance to students of medicine, nutrition science and related

subjects at universities in the UK and Ireland. The awards are a tribute to Dr Burkitt's achievements as a surgeon during World War II and as a pioneer in both cancer research and research into the importance of dietary fibre. Having worked in Uganda for 20 years, the Awards also reflect Dr Burkitt's commitment to nutrition research in the developing world. The ten awards of £750 each are available to students in the UK and Ireland who undertake research projects on food and nutrition in relation to developing countries as part of a medical elective or nutrition science studies. More information is available at [www.nutrition.org.uk/aboutbnf/awards/denis-burkitt-study-awards](http://www.nutrition.org.uk/aboutbnf/awards/denis-burkitt-study-awards)

The following have been awarded £750 under this scheme in 2011.

Name	University/Medical School
Varun Anand	University of Birmingham
Samaresh Mazumdar (joint award)	
Joanna Coppack	University of Bristol
Tessa Glyn (joint award)	
Natasha Liou	King's College London
Jenni Moss	University of Chester
Abdul Nassimizadeh	University of Birmingham
Neera Patel	Imperial College London
Anenta Ratneswaren	Imperial College London
Tessa Rouse	London School of Hygiene and Tropical Medicine
Rachel Steen	University of Leeds

## BNF Annual Lecture and BNF Prize

The BNF Annual Lecture in 2010 was given by Professor John Blundell, Chair of PsychoBiology at the University of Leeds. His lecture was entitled *Interactions between Physical Activity and Appetite Control: can we reduce the energy gap?*.

The BNF Prize is intended to recognise a contribution of outstanding merit in the field of food, nutrition and health, made by an individual, or even a group of people, during the past year or over a period of previous years. The winner of the BNF Prize in 2010 was Professor Jeya Henry, Professor of Human Nutrition and Head of Food Sciences and Nutrition at Oxford Brookes University.

Professor Henry has agreed to deliver the Annual Lecture in 2011 at BNF's Annual Day, to be held at the Royal College of Physicians on 15th November 2011.



**Above: BNF Prize 2010 winner Professor Jeya Henry, Oxford Brookes University**





# Future Plans

*The foci for the forthcoming year for the six strategic areas within the BNF 5-year workplan are summarised below.*

## Nutrition Science

**Strategic Objective:** To promote and be recognised for the highest standards in the collation, evaluation, interpretation and dissemination of scientific information concerning nutrition, diet and lifestyle. To produce task force reports and reviews on key nutrition issues and to create innovative targeted information for external dissemination that is accurate, consistent and meaningful to the intended audience. To use the insight gained from this work to advise, influence, inspire and support government and its policy development, the food industry and key opinion leaders including journalists.

**Focus for 2011/12:** Continue provision of evidence-based, targeted information about diet, physical activity and health, with overall themes of (i) nutrition in the early years - developmental programming and diet (in early life), diet in pregnancy; (ii) sustainability of the food supply from a public health perspective ('a diet fit for the future'); and (iii) physical activity in relation to nutrition and energy balance.

During the year, a rolling programme of Science resources will continue. This will include the publication of two new briefing papers on the diet and health of ethnic minority groups in the UK and on nutrition and schoolchildren, a Task Force report on nutrition and development (short- and long-term consequences for health), and a themed issue of *Nutrition Bulletin* on healthy sustainable diets. We shall develop further our new on-line information for pregnant women. For health professionals, we shall publish a joint virtual issue of *Nutrition Bulletin* and the *Journal of Maternal and Child Nutrition* on pregnancy and we shall produce an online training tool on nutrition for midwives. Work with UK government departments and projects funded by the European Commission will continue.

## Education

**Strategic Objective:** To inspire, develop and support excellence in all aspects of food and nutrition education [with reference to lifestyle, especially physical activity] in schools and elsewhere, and principally to be taking the lead for independent and accurate information on 'food and nutrition in schools'.

**Focus for 2011/12:** Improve and sustain the Foundation's education programme, and effectively use Information and Communications Technology to engage with teachers and learners. Delivery of a web-based facility for delivering on-line nutrition training.

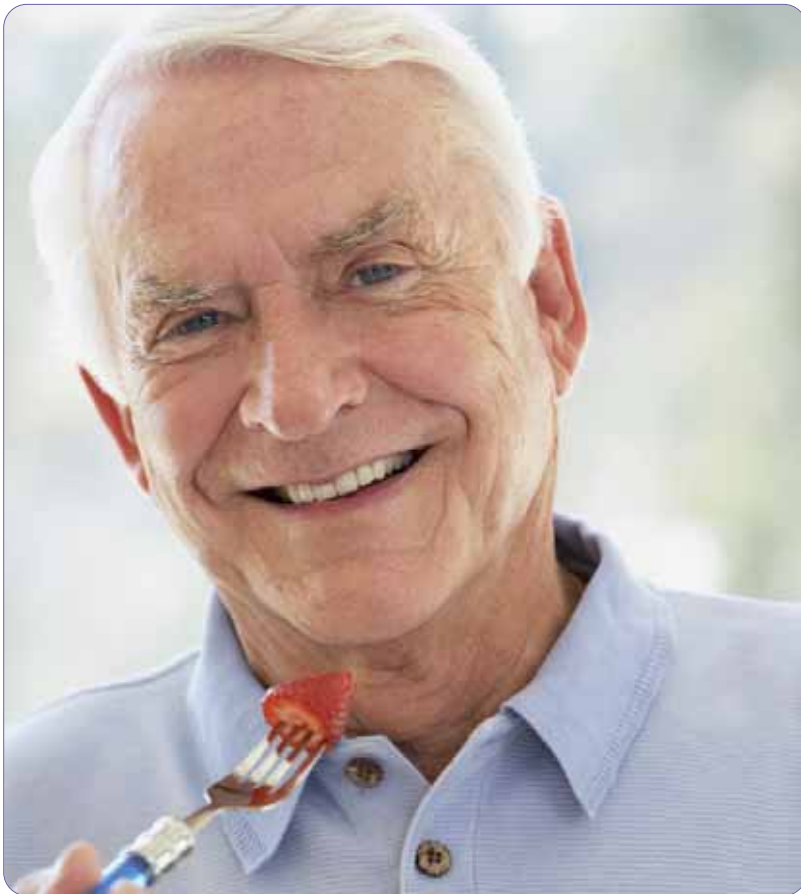
In the forthcoming year, the Foundation's *Food – a fact of life* website will be reviewed and updated. New materials for primary and secondary schools will also be added, including resources in Welsh. We shall continue our successful video podcast and eSeminar programmes, and consider the use of social networking to promote our work further. In addition, we shall deliver on our current work commitments, particularly the *European Food Framework*, and look to engage with others to support excellence in food education. We also plan to develop and deliver a web-based facility through which on-line nutrition training can be accessed by various target audiences.

## External communications

**Strategic Objective:** To be a primary and respected 'one-stop-shop' for those seeking evidence-based, reliable and clearly presented information on nutrition, diet, food education and other aspects of a healthy lifestyle, using a range of media that meet the needs of our full spectrum of stakeholders, including the public.

**Focus for 2011/12:** Promote BNF's education programme and science resources on [www.foodfactoflife.org.uk](http://www.foodfactoflife.org.uk) and [www.nutrition.org.uk](http://www.nutrition.org.uk), and disseminate our work through publications, conferences and media activities.

During the year, the Foundation will continue to expand the consumer and media sections of its main website. An event will be organised to launch a new Task Force report and a conference will be hosted on the effects of physical activity on energy balance and health. A programme of science communications activities to showcase the Foundation's nutrition science work and promote the website will be delivered and evaluated. Further promotional activities will take place to communicate the Foundation's education website [www.foodfactoflife.org.uk](http://www.foodfactoflife.org.uk), programme and events. Planning and preparation will take place to celebrate the Foundation's 45th Anniversary in 2012.



### Strategic Partnerships

**Strategic Objective:** To inspire, seek and develop exemplary collaborations with individuals and organisations who share our priorities but also those with different agendas, in order to extend our influence, facilitate change and add value to our activities.

**Focus for 2011/12:** Maximise opportunities afforded by BNF Day and awards; extend influence in Europe; establish new partnerships and associated income streams; continue to bid for EU projects with leading research and education establishments across Europe.

During the coming year the Foundation will continue to collaborate with partners in the network of European Nutrition Foundations. It will continue to seek opportunities to work in partnership with member companies, government departments and other organisations (including those linked with the Olympic Games) on projects that are in line with BNF's themes and charitable objectives, as well as actively seeking new funding streams and opportunities to collaborate in areas currently under-represented in the Foundation's portfolio.

### Finance

**Strategic Objective:** To review and strengthen our membership and retention strategies, and explore new funding streams. To secure a wide funding base that enables forward planning and protects BNF at times of market instability.

**Focus for 2011/12:** Secure funding and achieve a surplus to projected budget; tighten procedures and working practices, including forecasting; enhance financial reporting internally and to Trustees.

During the year, financial reporting will be refined as required to support the need for comprehensive, accurate and transparent information and to facilitate monitoring by the Management Committee, Board of Trustees and Council.

### Support and Value the BNF Team

**Strategic Objective:** To provide appropriate remuneration and a benefits package that attracts and retains the highest calibre staff. To integrate this with a lifelong learning approach to professional development. To make the most of the wealth of experience and skills represented within our governance structure.

**Focus for 2011/12:** Evaluation of the HR review and new staff handbook; involvement of staff through office meetings and programme meetings; better utilise the wealth of experience that exists amongst our Governors.

In the forthcoming year the Foundation will review HR arrangements and staff satisfaction with regard to the new staff handbook. We shall continue to monitor arrangements put in place last year, following the staff survey in early 2010, and the subsequent HR Review. BNF values/ways of working will be reviewed to ensure that these have been integrated into daily working practices. The induction packs for Governors and Trustees will be reviewed.





# Annual Accounts 2010-11

## Statement of Financial Activity for the year ended 31st May 2011

	Unrestricted Funds 2011 £	Restricted Funds 2011 £	Total Funds 2011 £	Total Funds 2010 £
<b>Incoming Resources</b>				
Incoming resources from generated funds:				
<i>Voluntary income:</i>				
Donations and subscriptions	733,873	13,500	747,373	804,288
Investment income	8,089	-	8,089	4,306
Incoming resources from charitable activities:				
Projects	755,684	-	755,684	539,615
Conferences	36,099	-	36,099	108,650
Publications	17,276	-	17,276	22,900
<b>Total Incoming Resources</b>	<b>1,551,021</b>	<b>13,500</b>	<b>1,564,521</b>	<b>1,479,759</b>
<b>Resources Expended</b>				
Costs of generating funds:				
Costs of generating voluntary income	111,107	-	111,107	98,823
Charitable activities	1,560,419	24,814	1,585,233	1,361,613
Governance costs	46,650	-	46,650	42,181
<b>Total Resources Expended</b>	<b>1,718,176</b>	<b>24,814</b>	<b>1,742,990</b>	<b>1,502,617</b>
<b>Net outgoing resources before Transfers</b>	<b>(167,155)</b>	<b>(11,314)</b>	<b>(178,469)</b>	<b>(22,858)</b>
Transfer between funds	(1,525)	1,525	-	-
<b>Net Movement in Funds</b>	<b>(168,680)</b>	<b>(9,789)</b>	<b>(178,469)</b>	<b>(22,858)</b>
Total funds brought forward	730,778	23,173	753,951	776,809
<b>Total Funds Carried Forward</b>	<b>562,098</b>	<b>13,384</b>	<b>575,482</b>	<b>753,951</b>



# Annual Accounts 2010-11

## Balance Sheet

as at 31 May 2011

	2011 £	2011 £	2010 £	2010 £
<b>Fixed Assets</b>				
Tangible assets		2,945		5,092
<b>Current Assets</b>				
Debtors:				
VAT receivable	1,709		4,182	
Prepayments and accrued income	109,577		108,406	
Other debtors	125,538		106,602	
	<b>236,824</b>		<b>219,190</b>	
Cash at bank and in hand	884,117		1,154,640	
	<b>1,120,941</b>		<b>1,373,830</b>	
<b>Creditors:</b>				
<b>Amounts falling due within one year</b>				
PAYE and social security payable	24,341		25,029	
Accruals and deferred income	454,077		565,416	
Other creditors	69,986		34,526	
	<b>548,404</b>		<b>624,971</b>	
<b>Net Current Assets</b>		<b>572,537</b>		<b>748,859</b>
<b>Net Assets</b>		<b>575,482</b>		<b>753,951</b>
<b>Capital and Reserves</b>				
Restricted funds		13,384		23,173
Unrestricted funds				
Designated funds		75,087		75,087
General funds		487,011		655,691
<b>Total Funds Carried Forward</b>		<b>575,482</b>		<b>753,951</b>

A full set of accounts and notes to the accounts are provided on our website at [www.nutrition.org.uk](http://www.nutrition.org.uk), or can be obtained on request from: The Administration Manager, The British Nutrition Foundation, High Holborn House, 52-54 High Holborn, London WC1V 6RQ (Tel: 020 7404 6504).





# Member Companies

At 31st May 2011

3663

Agriculture and Horticulture Development Board \*

Asda Stores Ltd

Associated British Foods plc

Birds Eye Iglo Group Ltd

British Sugar plc \*

Coca-Cola Great Britain and Ireland \*

Danisco (UK) Ltd

Danone Waters and Dairies UK Ltd \*

GlaxoSmithKline

H J Heinz Ltd

innocent drinks

J Sainsbury plc \*

Kellogg Company of Great Britain Limited \*

Kerry Foods Ltd

Kraft Foods UK Ltd \*

Lighter Life

Marks and Spencer plc

Mars UK Ltd

McDonald's Restaurants Ltd

McNeil Consumer Nutritionals

Merisant UK Limited

nabim

National Starch

Nestlé UK Ltd \*

Northern Foods plc

PepsiCo UK Ltd \*

Pizza Express

Premier Foods

Procter & Gamble Limited

Slimming World

Tate & Lyle Sugars \*

The Co-operative Group Ltd

The Jordans and Ryvita Company Ltd

Unilever plc \*

United Biscuits (UK) Limited

Volac

wagamama

Waitrose Ltd

Warburtons

Weetabix Ltd

Wm Morrison Supermarkets plc

Yakult UK Ltd

\* Sustaining members

Companies are listed in their preferred styles

## Financial Support for Specific Events and Activities

During the year, the following member companies provided additional financial support.

Kellogg Company of Great Britain Limited  
*Denis Burkitt Award Scheme*

Nestlé UK Ltd  
*BNF A-level and Advanced Higher Awards*  
*Food – a fact of life website*  
*Scottish Education conferences*

Waitrose Ltd  
*BNF GCSE and Standard Grade Awards*

Agriculture and Horticulture Development Board  
*Food – a fact of life website (milk sector organisation, DairyCo)*  
*Review on meat and health (meat sector organisations, BPEX and EBLEX)*  
*Reviews on potatoes and health (Potato Council)*

During the year, several other organisations also provided financial support for BNF events and activities as follows.

European Hydration Institute  
*Hydration and health conference*

The Garfield Weston Foundation  
*Donation*

All Saints Educational Trust  
*Food – a fact of life website*





# Honorary Officers

## Patron

Her Royal Highness The Princess Royal  
KG GCVO

## Honorary President

Professor A Shenkin BSc PhD FRCP FRCPath  
Emeritus Professor of Clinical Chemistry,  
University of Liverpool

## Honorary Vice-Presidents

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Wilton Park

Professor C M Williams BSc PhD  
Pro-Vice-Chancellor (Research and Innovation),  
University of Reading

## Honorary Treasurer

Mr M Collyer FIFST  
Non-Executive Director of various SMEs

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Professor ADB Malcolm MA DPhil CBiol FSB  
FRSC FIFST  
Formerly Chief Executive, Institute of Biology, London

## Vice-Chairman of the Board of Trustees

Mr D Gregory CSci FIFST  
Chairman, Assured Food Standards

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Mr WDB Hamilton BSc BAgr MS MFC CChem FRSH  
FIFST FRSC

Professor RS Pickard BSc PhD RNutr CBiol FIBiol  
Professor BA Wharton BA MBA MD DSc FRCP  
FRCPCH FIFST

## BNF Governors Emeritus

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Mr WDB Hamilton BSc BAgr MS MFC CChem FRSH  
FIFST FRSC

Professor RM Hicks OBE PhD DSc FRCPath  
The Baroness Hooper, CMG BA FRGS FRSA  
Dr WT Little CBE FIFST  
The Baroness Lloyd of Highbury DBE MD FRCP  
Ms R McRobert OBE  
Mr AJH Skrimshire CChem FRSC FIFST  
Mr J Sutcliffe BSc  
Mr DA Tate OBE DL MA  
Professor RG Whitehead CBE BSc PhD MA FIBiol  
CBiol HonFRCP  
Mr AP Williamson BSc(Tech)

# The Council at 31st May 2011

## Chairman of Council

Professor A Shenkin BSc PhD FRCP FRCPath  
Emeritus Professor of Clinical Chemistry,  
University of Liverpool

## Scientific Governors

Professor J Blundell BSc PhD CPsychol FBPsS \*  
School of Psychology, University of Leeds

Professor P Calder BSc PhD DPhil RNutr  
Professor of Nutritional Immunology, Institute  
of Human Nutrition, University of Southampton

Professor A Cassidy BSc MSc PhD  
Professor of Nutrition and Head of Department  
of Nutrition, University of East Anglia

Professor A de Looy BSc PhD RD  
Professor of Dietetics, School of Health Professions,  
University of Plymouth

Professor S Fairweather-Tait BSc MSc PhD DSc  
RNutr FSB  
Professor of Mineral Metabolism, School of Medicine,  
Health Policy & Practice, University of East Anglia

Miss G Fine MSc  
Public Health Nutritionist

Professor KR Fox PhD \*  
Department of Exercise and Health Sciences,  
University of Bristol

Professor CJK Henry MSc PhD RPHN Nutr FRSH  
Professor of Human Nutrition, School of Biological  
and Molecular Sciences, Oxford Brookes University

Professor MBE Livingstone BEd MSc MSc DPhil RNutr  
Professor of Nutrition, School of Biomedical Sciences,  
University of Ulster

Professor MS Losowsky MD FRCP  
Emeritus Professor of Medicine, St. James's University  
Hospital, Leeds

Professor ADB Malcolm MA DPhil CBiol FIBiol FSB  
FIFST FRSC \*  
Formerly Chief Executive, Institute of Biology, London  
Chairman of the Board of Trustees, BNF

Professor JC Mathers BSc PhD  
Professor of Human Nutrition, Human Nutrition  
Research Centre, University of Newcastle

Professor M Peaker DSc FRSE FRS  
Formerly Director, Hannah Research Institute

Professor I Rowland BSc PhD R Nutr \*  
Head of the Hugh Sinclair Unit of Human Nutrition,  
University of Reading

Professor TAB Sanders BSc PhD DSc \*  
Professor of Nutrition and Dietetics, King's College  
London University

Professor MJ Wiseman MB BS MRCP \*  
Visiting Professor in Human Nutrition,  
University of Southampton

## Industrial Governors

Ms J Batchelar BSc PGCE  
Sainsbury's Director of Brand

Mr RJ Fletcher BSc \*  
Director, Scientific Affairs, Kellogg Europe

Mr D Gregory CSci FIFST  
Chairman, Assured Food Standards  
Vice-Chairman of the Board of Trustees, BNF

Mr P Hebblethwaite BSc MSc CSci CEng FIFST  
FICHEM \*  
Independent Consultant, Sustained Advantage Ltd

Miss A Heughan RD \*  
Global External Affairs Director, Unilever plc

Mr I Rayson BA MA  
Director of Corporate Communications, Nestlé UK Ltd

Mr J Roe MSc  
Head of Trading Standards and Compliance,  
Wm Morrison Supermarkets plc

Mr D Webster BA (Hons)  
Head of Communications, ABF UK Grocery

## General Governors

Ms C Drummond BSc Agric FRAGS FIAgM  
Chief Executive, Linking Environment and Farming

Mrs SJ Evans MA MW  
Food and Wine Writer and Broadcaster

Mrs FCA Gallagher BA FRSA \*  
Adviser, Quality Improvement, Glasgow City Council

Mrs M Haines Evans DL  
Chair, National Federation of Women's Institutes, Wales

Dr R Pendrous BSc PhD CEng MIM3  
Editor, Food Manufacture

## Ex-officio Governors

Professor A Shenkin BSc PhD FRCP FRCPath  
Honorary President, BNF

Mr IGT Ferguson CBE BSc  
Honorary Vice-President, BNF

Professor CM Williams BSc PhD  
Honorary Vice-President, BNF

Mr M Collyer FIFST \*  
Honorary Treasurer, BNF

\* Members of the Board of Trustees





# Committees

at 31st May 2011

## The Scientific Advisory Committee

### Chairman

Professor MJ Wiseman MB BS MRCP

### Vice-Chairman

Professor B Ratcliffe BSc PhD CBiol MBiol RNutr

### Members

Professor A Adamson BSc PhD RD RNutr

Dr A Alldrick BSc PhD

Mr R Ballam BA MA \*

Professor JL Buttriss BSc PhD RPHNutr DipDiet \*

Dr AA Lake BSc PhD RD RPHNutr

Dr V Burley BSc MSc PhD RPHNutr

Dr A Dangour BSc MSc PhD RPHNutr

Professor I Givens BSc PhD MBiol CBiol

Professor I Johnson BSc PhD

Professor SA Lanham-New BA MSc PhD RPHNutr

Dr A Lennox BSc PhD DipNutr

Dr M Nelson BSc MSc PhD RPHNutr

Professor C Riddoch CertEd BA MEd PhD

Professor P Rogers MSc PhD

Dr PA Sharp BSc PhD

Ms S Stanner BSc MSc RPHNutr \*

Professor J Thompson MSc PhD FACS

Professor P Yaqoob MA DPhil RNutr

\* Ex-officio members

## The Industrial Scientists Committee

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Miss A Heughan RD

### Vice-Chairman

Dr S French BSc PhD

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Dr V Betteridge

Miss J Butten BSc MSc ANutr

Dr J Cooper BSc PhD CChem FRSC CSci FIFST

Dr J Garry BSc PhD

Dr S Gatenby BSc PhD RPHNutr

Mrs C Hughes BSc MSc

Mrs M Hurworth BSc

Ms S Moore BSc MMedSci RD

Ms C Parker BSc

Ms L Read BSc Dip Nutr Diet RD

Dr T Robinson BSc MSc PhD

Mrs M Strong MBA BSc RD DADP FRSH CertEd

Ms P Taggart BSc

Ms K Tanner BSc Dip MSc

Ms J Walton BSc APHNutr

## Nutrition Bulletin

### Chairman

Dr J Gray Consultant Nutritionist, UK

### Editorial Advisory Board

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Dr H Costa INSA Lisbon, Portugal

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Dr I Darnton-Hill UNICEF, New York, USA

Dr H Green Nestlé Research Centre, Switzerland

Professor PCH Hollman University of Wageningen and RIKILT – Institute of Food Safety, The Netherlands

Ms M Howie Nutrition Manager, Waitrose Ltd, UK

Professor R Johnson College of Agriculture and Life Sciences, University of Vermont, USA

Dr C Leonard Clare Leonard Consulting Ltd, UK

Dr C MacEvilly Centre for Effective Services, Ireland

Dr K McNutt Nutrition Consultant, USA

Dr P Mitrou MRC Centre for Nutritional

Epidemiology in Cancer Prevention and Survival, UK

Dr K Nemeth Food Research Institute, Slovakia

Dr AP Nugent University College Dublin, Ireland

Professor M Reid Queen Margaret University College, UK

Professor DCK Roberts Consultant, Australia

Professor H Schönfeldt University of Pretoria, South Africa

Professor J Slavin University of Minnesota, USA

Dr I Tewfik University of Westminster, UK

Dr A Zampelas Agricultural University of Athens, Greece

## Education Working Groups

### England

Mrs R Bartlett Oak View Primary and Nursery School

Mr J Blackshaw Department of Health

Ms V Fehners Suffolk Advisory Service

Ms Z Lawrence City of Portsmouth Girls' School

Ms S Middleton Ashby School

Mrs M Parker HM Inspectorate of Education

Mr W Till University of Central England

Ms S Walker Marshfields School

### Northern Ireland

Ms L Barry Chair of ATHE Association

Ms D Black University of Ulster

Mrs S Davidson Omagh Academy

Ms G Henderson Council for Curriculum, Examinations and Assessment

Ms M Jennings Food Standards Agency

Dr L McMullan Department of Education

Mrs J Reain Southern Education and Library Board

Ms W Strain Home Economics Field Officer

Mrs D Wallace Wallace High School

### Scotland

Mr M Brownrigg Learning and Teaching Scotland

Mrs Y Dewhurst University of Aberdeen

Mr G Findlay Scottish Qualifications Authority

Ms E Fitzpatrick South Lanarkshire Council

Mrs S Freeman Notre Dame High School

Mrs F Gallagher BNF Governor

Ms J Gay Food Standards Agency

Ms C Hislop HM Inspectorate of Education

Mr S Moore North Lanarkshire Council

### Wales

Ms A Bergiers Nantgaredig Primary School

Ms H Ellis Hawarden High School

Mr S Howells Welsh Joint Education Committee

Mr M Lewis Bishop Gore Comprehensive

Mrs A Martin Jones Dyffryn School

Ms S Meredith Department for Public Health and Health Professions

Ms N Rees Williams Appetite for Life Facilitator

Mrs M Richmond Retired Teacher





# The Staff

at 31st May 2011

## Director General

Judith Buttriss *BSc PhD RPHNutr DipDiet*  
Visiting Professor Robert Gordon University  
Visiting Professor Kings' College London

## Deputy Director General

Stephanie Valentine *MA DipEd DipAdDev FRSA*

## Company Secretary

Thomas Barclay

## Programme Managers

Roy Ballam *BA MA*  
Education Programme Manager

Sara Stanner *BSc MSc RPHNutr*  
Science Programme Manager

## Senior Officers

Nicholas Baldwin *BA*  
Senior Administration Officer

Bridget Benelam *BSc MSc*  
Senior Nutrition Scientist

Claire Theobald *BA QTS*  
Senior Education Officer

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