

The Nutrition Program

Nutrition analysis software for students to use ONLINE at school and home. Available on an annual subscription for different sized schools.

- Analyse recipes and make a food label which shows the nutrition, Guideline Daily Amounts and the traffic light system.
- Analyse your diet and your meals.

Use for GCSE Food Technology, Hospitality and Catering, Food and Nutrition, Home Economics, Health and Social Care.

KS 3 - K5

We constantly update this website adding new foods and changing the costs.

Features

- Make your own recipes, diets and meals
- Search through over 5000 ingredients
- Nutritional information for 46 nutrients, minerals and vitamins.
- Analyse diets by age and sex
- My Meals - find out if a meal is healthy

For a free trial visit our website
www.nutritionprogram.co.uk



The Nutrition Program will soon be available to use on the ipad.



Nutrition Program Guide 2011

72 full colour pages

Includes step by step worksheets, recipes, diets, and meals to help your students make full use of the program. Includes Crosswords. £30

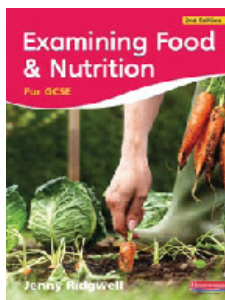
Special offer

If you order the Nutrition Program we will send you a free copy of the Nutrition Program Guide 2011 - offer valid until Dec 2011

In the News

Jenny Ridgwell will be supporting the WJEC Hospitality and Catering Teachers Course in London on November 16/17/18th 2011 and showing how the Nutrition Program can be used for units of the GCSE.

Examining Food and Nutrition
by Jenny Ridgwell
£15.99

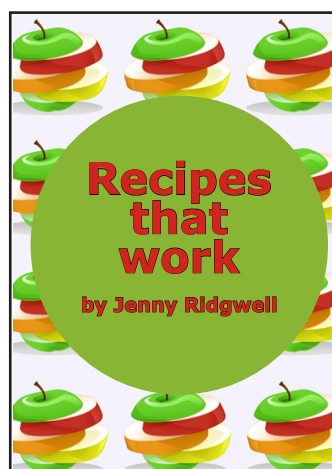


Textbook for GCSE's Food and Nutrition, Home Economics. Matches criteria in the Home Economics and Food and Nutrition specifications for **all** exam boards.

Revision questions at the end of each double page spread.
No wasted words or information!
Revision checklist at the end of each chapter.

Recipes that work
by Jenny Ridgwell
£40

Over 100 tried and tested recipes that can be used in school.
Ready November 2011

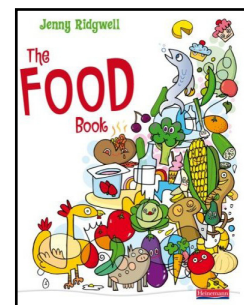


The recipes are chosen so that

- Ingredients are easy to buy and not expensive
- The recipes appeal to teenagers
- The recipes can be prepared and cooked in an hour's lesson
- The dishes are easy to transport to home for a supper dish or snack
- Recipes show different levels of skill
- Recipes show if suitable for group work and speedy cooking
- Ideas for a basic stock cupboard of useful ingredients to help students with their cooking.

This product will be available as a book, download or on CD.

The Food Book
by Jenny Ridgwell
£11.99

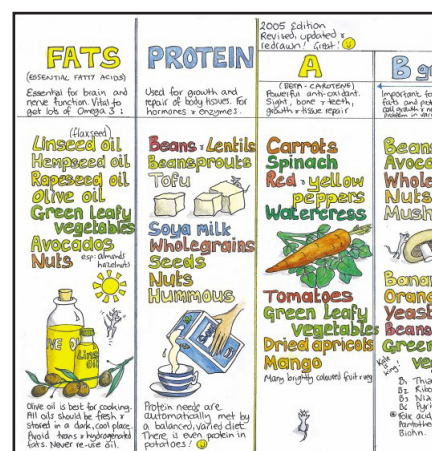


The Food Book is what I've wanted to write for the last five years. It provides lively, up to date and important facts about food. The publishers have designed it with beautiful photographs and artwork. One school buys a copy for all KS3 students!

Food charts

2 charts for display - beautiful illustrations £9 for 2

1. Nutrition for fruit and vegetables
2. Seasonal Fruit and Vegetables



I taught them to cook

I'm writing a book about my teaching experiences in the 1970's in an east London school.

You can see the blog on www.jennyridgwell.co.uk and download the first chapter.

Memories from teachers of that time would be most useful, so please get in touch.

Jenny Ridgwell

Sustainable Textile Design

GCSE Textiles Technology
KS 3,4,5

ISBN 978-1-901151-114
Meets new curriculum requirements for sustainability for GCSE Textiles Technology, especially OCR.
Available as Download, CD or book £40



80 pages in full colour
Up to date information and data on textiles and sustainability.

Looks at

- life cycle analysis, upcycling,
- carbon footprint and product analysis.

Each spread has

- Questions To do activities,
- Task sheets
- Design tasks relating to sustainable textile design.

Photocopiable.

Sustainable Textiles samples
£10

This pack is produced as part of our Sustainable Textiles course.

The pack includes

- Sample of knitted nettle fibre and fibre sample
 - Piece of shoddy made from recycled fibre
 - Sample of Jacob's sheep wool with natural colours
 - Yarn made from banana fibre
 - Yarn from sari silk
 - Yarn made from recycled silk and cotton
 - Fabric samples from organic cotton, raw silk and azo free dyes.
- Please note we have limited stock.



Sustainable Textile Posters

4 x A3 colour posters £8 +VAT

- Life cycle analysis,
- Recycling textiles,
- Upcycling textiles products,
- Fibres and recycling.

Sustainable Textiles Powerpoint

Available as download or CD £30

Slide presentation to support our Sustainable Textiles Design book.



The slides link in with the book pages and extend the knowledge.

The contents can be used in KS3, 4 and 5 teaching, for different exam boards.

Contents

Life cycle analysis, fibres and the environment, Fair Trade, regenerated fibres, recycling, washing textiles, the 6 R's, Upcycling, Worn Again.

Special Offer

Sustainable Textiles Design Pack
Contains Book, Posters and Powerpoint

Also includes pack of free Sustainable Textiles samples from our textiles courses

Special pack price £65 + VAT

Biofibres with samples

Available as
CD or book £20

Pack with samples of fibres made from sweetcorn, soya beans, milk, bamboo and wood pulp - fibres from sustainable resources.

This pack explains how they are made, and their properties.

Includes useful websites, glossary, crossword and project ideas.



Order form

The Nutrition Program is a subscription based service. Use the one day trial to see how it works.

www.nutritionprogram.co.uk where you can buy online.

You can choose to pay immediately with a credit card, or select the option to be sent a proforma invoice.

Prices until July2012		Tick and add VAT at 20%
<i>Nutrition Program Subscription</i>		
Single user £90.00	£80	
20 user account 1 teacher + 20 student accounts £100	£100	
50 user account 1 teacher + 50 student accounts £120	£120	
100 user account 1 teacher + 100 student accounts £150	£150	
250 user account 1 teacher + 250 student accounts £200	£200	
500 user account 1 teacher + 500 student accounts £300	£300	
1000 user account 1 teacher + 1000 student accounts £500	£500	
<i>Resources</i>		
The Food Book	£11.99	
Examining Food and Nutrition	£15.99	
Nutrition Guide 2011 (choose download or book)	£30	
Recipes that work (ready Nov 2011)	£40	
Food charts	£9	
Sustainable Textiles Design pack	£65	
Biofibres	£20	
Postage		£6.50
Total		

I enclose a cheque payable to Ridgwell Press Ltd. for £.....

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Address.....

Postcode.....emailphone

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You can order online from our website www.ridgwellpress.co.uk.