

# PROCEEDINGS OF THE NUTRITION SOCIETY

THIRTY-EIGHTH SCIENTIFIC MEETING—EIGHTEENTH  
SCOTTISH MEETING

GLASGOW AND WEST OF SCOTLAND  
COLLEGE OF DOMESTIC SCIENCE

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## EDUCATION IN NUTRITION

*Chairman:* PROFESSOR C. F. W. ILLINGWORTH, *Department of Surgery,*  
*University of Glasgow*

### Explanatory Note on the Scottish Educational System

For those not familiar with Scottish education some expressions used in these papers may require a little explanation. *Primary Schools* correspond to elementary schools in England, except that the standard age for transfer to the secondary school is somewhat higher (12 instead of 11 and over). The pupils' capabilities are tested at this stage by the *qualifying examination*, sometimes also called the *control examination*. Each Education Committee (county or city) has its own qualifying examination. *Junior Secondary Schools* provide 3-year courses. *Senior Secondary Schools* provide 5-year or 6-year courses leading to the (Senior) *Leaving Certificate* (popularly known as 'Highers'). Pupils sit this examination at 17 or 18; the standard is between that of English School Certificate and that of Higher School Certificate. Passes on a suitable standard in certain combinations of subjects qualify for university entrance.

In cities and populous areas, junior secondary and senior secondary schools are usually separate entities. In smaller places, both types of course are provided in the same school, which may also be the primary school, all under the same headmaster.

Nearly all Scottish schools are attended by both boys and girls. A very high proportion of pupils are educated in the state schools, and many of the non-state schools, e.g. the well-known Merchant Company schools in Edinburgh, are organized in the same way as the state schools.

### The Teaching of Cookery and Nutrition in Schools

By I. M. RICHMOND, *Corporation of Glasgow Education Department,*  
*129 Bath Street, Glasgow, C. 2*

I have purposely entitled this paper 'Cookery and Nutrition in Schools' because, for the younger age group of girls, 11 and over to 14 or 15, the only satisfactory way of teaching nutrition in schools is along with practical cookery. I do not think at this stage that teaching nutrition as a separate subject would serve any useful purpose or