

Why cook food?

- Provides rich, authentic learning experiences
- Children may try new and healthy foods
- A kitchen is a learning lab for children and young people
- Children who engage in home cooking have better diets overall
- Food Literacy is more effective when children experience cooking first-hand
- Being food literate can lead to better food choices
- Children learn life skills
- Cooking can aid children in acceptance of responsibility

What you need:

- *Access to a kitchen or cooking facilities with space to wash, prepare & cook food*
- *Aprons and other protective clothing if needed*
- *Cooking utensils - knives, peelers, wooden spoons etc.*
- *Pots and pans - various sizes*
- *Mixing bowls - various sizes*
- *Baking trays - various styles*
- *Cooling racks*
- *Colour coded chopping boards for different food types*
- *Electric whisk, food blender*
- *Cookbooks - age appropriate*
- *Store cupboard basics - seasoning, herbs, olive oil, butter, spices, flour, pasta etc.*
- *Home grown and seasonal fruit, vegetables, herbs and salads*
- *Food storage facilities - larder, fridge, freezer*
- *Food storage containers*
- *Food thermometer*
- *Kitchen logs to record temperature of fridges & freezers*

Useful websites

<https://www.foodafactoflife.org.uk/recipes/>
<https://www.bbcgoodfood.com/recipes/collection/kids-cooking-recipes>
<https://www.nhs.uk/change4life/recipes>
<https://realfood.tesco.com/jamie-oliver.html>

Key Concepts Change, Health, Nutrition, Choice, Well-being, Lifestyle, Cause & Effect

Key Questions

What do we need to consider when preparing, cooking and storing foods? (Hygiene, safety etc.)
 What can we cook with the ingredients that we have available to us?
 What are the essential cooking ingredients for our store cupboard?
 What are the key ingredients when we are preparing an 'Eatwell' plate?
 What do we need to consider when preparing, cooking and storing foods?
 Is it possible to create balanced meals using only local and/or seasonal ingredients?
 How does culture influence what we cook?

Things to cook and prepare

Vegetable Kebabs
 Guacamole
 Pleasing Pasta
 Perfect Plant Salad/Potato Salad
 Pizza Wheels
 Carrot & Cranberry Muffins

All of these recipes (and more) are available on the 'Food a Fact of Life' Website

Possible learning experiences

- Think about all the different ways to cook an egg/tomato/potato etc. Identify the cooking process involved in each method
- Check available ingredients from the school garden, Big Bocs Bwyd and the school pantry
- Consider how you might combine these ingredients to make a tasty snack or meal
- Research recipes that include available ingredients and reflect what you know about a balanced 'Eatwell' plate
- Make shopping lists for additional essential items
- Purchase additional ingredients sticking to your budget!
- Read your chosen recipe carefully making sure you know what to do
- Wash your hands thoroughly, tie back long hair, put on your apron
- Collect all of the ingredients that you will need
- Collect the equipment and utensils you will need
- Prepare vegetables and other ingredients according to the recipe - wash, peel, chop etc.
- Weigh and measure ingredients according to the recipe
- Set the oven temperature/hob settings as necessary
- Set the timer according to the different stages of the recipe
- If eating food with friends, set the table with appropriate cutlery and crockery
- If selling your food in the Big Bocs Bwyd, find suitable packaging and consider portion sizes
- Enjoy eating with/interacting with your friends/customers
- Wash the dishes and clean your workspace thoroughly
- Store leftover food and/or ingredients paying regard to food safety guidance
- Take your cooking skills home - plan and prepare a tasty lunch to share with your family

Four Purposes

Ambitious, capable learners

Use number effectively in different contexts

Healthy, confident individuals

Have the skills and knowledge to manage everyday life as independently as they can

Enterprising, creative contributors

Connect and apply their knowledge and skills to create ideas and products

Ethical, informed citizens

Show their commitment to the sustainability of the planet

Integral Skills

Creativity and innovation

Able to generate ideas
Plan and manage projects

Critical thinking and problem-solving

Evaluate information and situations

Personal effectiveness

Independence
Work collaboratively

Planning and organising

Time management
Monitor and reflect on results

What Matters Descriptions of learning

Sci-Tech

Matter and the way it behaves defines our universe and shapes our lives

H&WB

Our decision-making impacts on the quality of our lives and the lives of others.

M&N

Measurement focuses on quantifying phenomena in the physical world.

I can explore and describe the properties of materials and justify their uses
I can observe and describe ways in which materials change when they are mixed together

I can make decisions based on what I know
I can identify and assess risks

I can estimate and measure, using non-standard units, before progressing onto standard units
I can use a variety of measuring devices

Cross-curricular Skills

Year 1

M&N

Use standard units of time to read 'o'clock' using both analogue and 12-hour digital clocks
Use non-standard units to measure weight/mass/capacity
Use descriptive words for a range of temperatures

Year 2

M&N

Read 'half past', 'quarter past' and 'quarter to' on an analogue clock
Use standard units to measure weight/mass: kilograms or 10 gram weights
Compare temperatures using a food thermometer (°C)

Year 3

M&N

Tell the time to the nearest 5 minutes on an analogue clock and calculate how long it is to the next hour
Use standard units to estimate and measure weight/mass: use 5g, 10g and 100g weights
Take temperature readings using thermometers and interpret readings above and below 0°C

LLC

Take part in activities with others and talk about what they are doing
Read suitable texts with accuracy and fluency

LLC

Share activities and information to complete a task
Read a range of suitable texts with increasing accuracy and fluency

LLC

Locate information on web pages using screen features