

# Cooking in the Curriculum

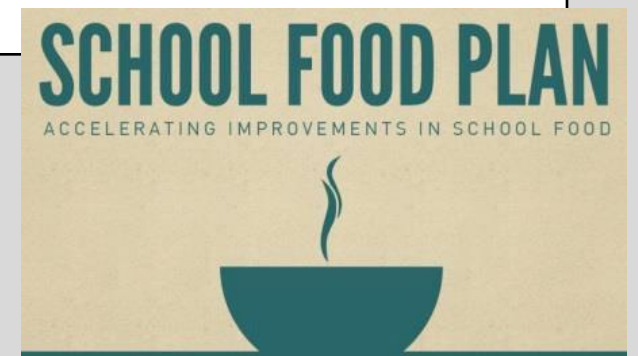
Meeting the statutory requirements

Stanningley Primary School



# Cooking and nutrition in primary schools

- Since September 2014, it is now compulsory for primary school children to learn about food, cooking and nutrition under the national curriculum. It's the first time that the subject has ever been compulsory in UK schools, and is a response to the [School Food Plan \(SFP\)](#)



# The School Food Plan

## main outcomes



**Cooking in the Curriculum**

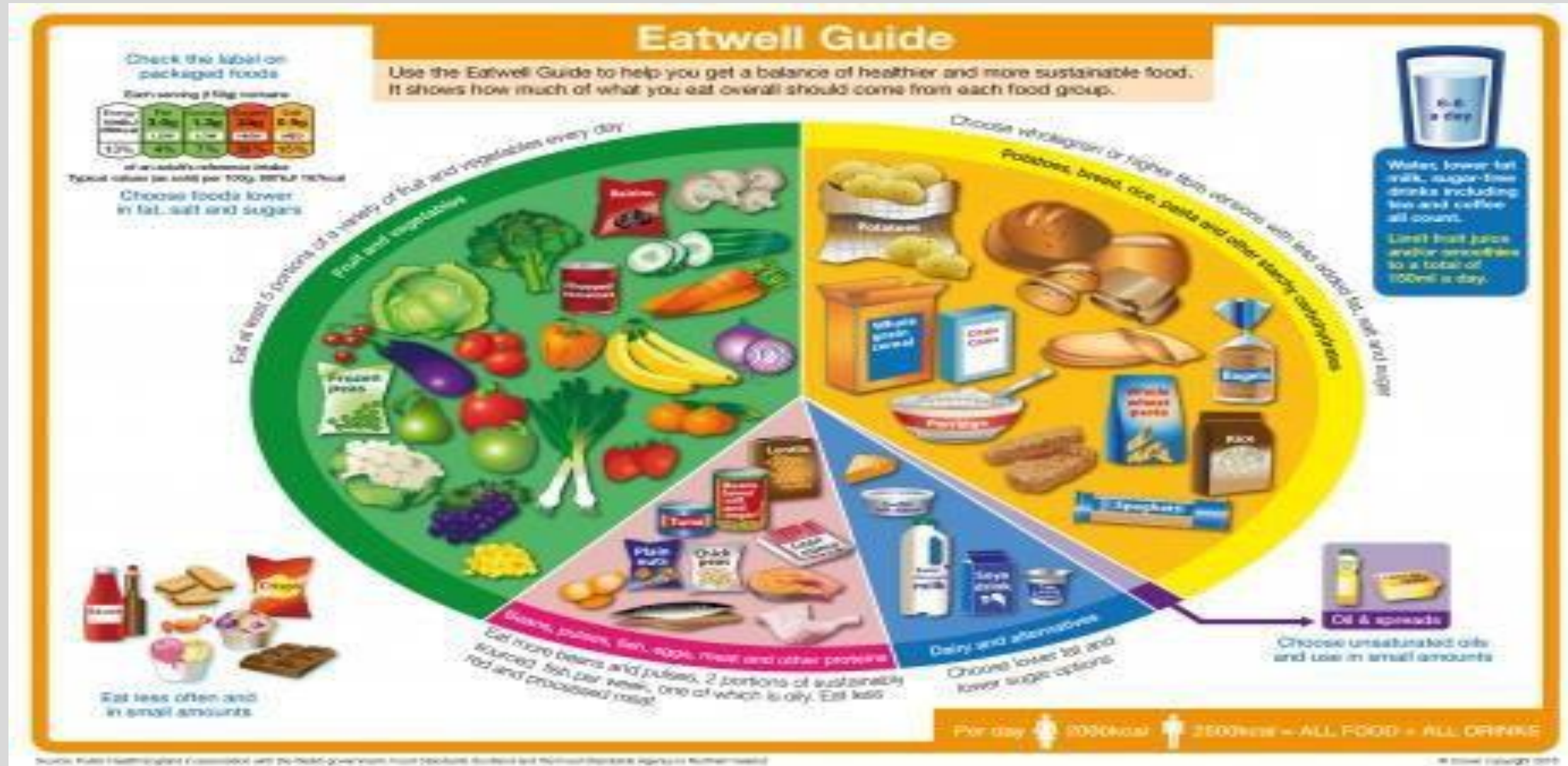


**New School Food Standards**

# Why food education matters?

- Learning about food, how to prepare it and the principles of a healthy diet is important for every child. Every year, the NHS spends £10billion treating people with diet-related illnesses, from obesity to diabetes to heart disease. Almost 20 per cent of children are obese by the time they leave primary school, and families on lower incomes tend to be the most disadvantaged in terms of their culinary knowledge and skills.

# Teaching the importance of a balanced diet



# Curriculum: Cooking & Nutrition (D&T)

- **New Subject Content:**

*"As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life"*



# Curriculum: Cooking & Nutrition (D&T)

## Pupils should be taught to:

### KS1

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

### KS2

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

# The Core Food Competencies for children and young people aged 5-16 years (7 themes)

## PSHCE/Science/PE covers:

- Diet
- Food Choice
- Food labelling
- Active lifestyles

## Design and Technology

- Cooking- preparation and handling
- Food Safety
- Consumer Awareness (Food Origins)





# Planning Recipes



**Focus on savoury, healthy meals**  
**Try to link to topic**  
**but progression of skills is key**



<http://www.foodafactoflife.org.uk/>  
<https://www.nhs.uk/change4life#sFAFrDp566228dp4.97>  
<https://www.bbc.co.uk/cbeebies/shows/i-can-cook>

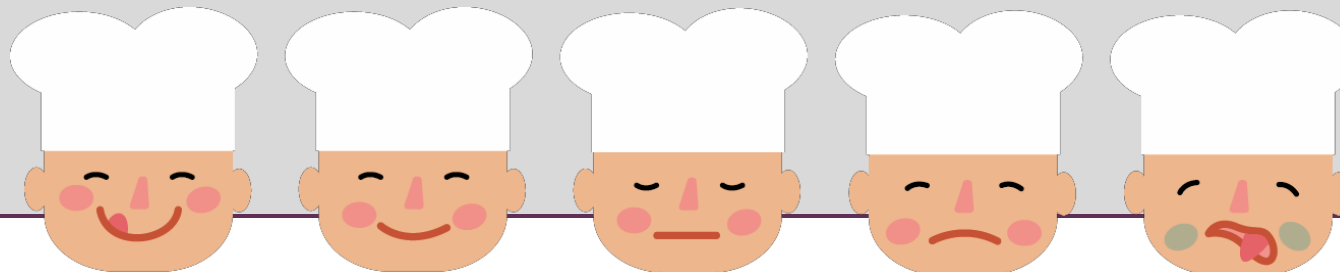
# Cooking skills demonstration

- Chopping
  - **Bridge** and **claw** techniques
  - Videos are available online at:
    - <https://www.youtube.com/watch?v=BdXjLJNWu44>
    - <https://www.youtube.com/watch?v=wVJUD8SSQRA>
  - Grating and Peeling
    - <https://www.youtube.com/watch?v=v4keMFH7CIU>
    - <https://www.youtube.com/watch?v=PMx5tzTwKjY>
- Snipping



# Food tasting and reflection

- Tasting is an important part of the session when encouraging pupils to try new foods
- Prepare a sample for pupils to taste
- Offer tasters of raw/whole ingredients before cooking



# In the classroom

## 1. Consumer Awareness- Food Origins

**KS1**

**Children should recognise that all food comes from plants or animals**

**-understand and value where food comes from**

**-recognise that food can be purchased or grown at home or at school**

**KS2**

**Children should:**

**-Understand 'Seasonality' and understand where and how a variety of ingredients are grown, reared, caught or processed.**

**-know the basic steps in producing food.**



<http://www.foodafactoflife.org.uk>

# In the classroom

## 2. Food Safety and Hygiene

KS1



KS2



What are the key things we should teach?

- Knowing that food safety means preventing cross contamination, spoilage and decay when handling and storing food so that it is safe to eat and demonstrate good safety practices:
- How to test that food is cooked thoroughly.
- How to avoid cross-contamination.
- How to store raw and cooked food safely.
- Understand the use of date marks and storage instructions on labels.