

Cooking Skills in Schools:

Key themes for your cooking curriculum



Three important themes should run through your cooking curriculum:

COOKING SKILLS

Learning how to...

- Cut, chop, slice and dice
- Mix, knead, shape and bake
- Grate, crush, stir and sieve
- Cook dishes and meals from a range of cultures

HEALTHY EATING

Learning how to...

- Eat well and choose foods wisely
- Eat 5 portions of fruit and vegetables every day
- Limit intake of salt, sugar and fat
- Drink lots of water

FOOD SAFETY AND HYGIENE

Learning how to...

- Wash, wipe, clean

