

# Theme Two:

## Cooking is for Everyone

It doesn't matter how old you are, or how much you already know, everyone can cook! You don't need to be an expert to get started. Cooking is all about trying things out, learning step by step, and having fun along the way. Cooking is for every skill level, every ability, and every person. You can chop, stir, mix, taste or share. There is always a way to join in.

Learning to cook is exciting because you discover new flavours, new skills, and new confidence. The kitchen is a place where everyone belongs!

### Actions covered in this theme:

#### Bronze

BFE2, BFE5, BCP2

#### Silver

SFE2, SCP1, SCP2

#### Gold

GFE1, GFE2, GCP2





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## Air Fryer Fun

Did you know that an air fryer can do so much more than cook frozen food? It's a great way to start your cooking journey because it's easy to use, takes up little space and is cheaper to run than an oven.

With an air fryer anyone can cook. Try our tasty Wedges recipe, or make some yummy Falafel. You can even bake fresh bread. Our Air Fryer Focaccia shows you how (BFE2,SFE2, GFE2).

Share the recipes with parents via your newsletter to encourage families to use an air fryer at home (BCP2, SCP2), or even better, invite them in to school to cook together. (SCP1, GCP2)



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## Level-up

Getting started with cooking doesn't have to be tricky, and you don't need loads of fancy equipment either. Our Cooking Equipment: Top Tips resource shows you the basics to help you begin.

Some skills like chopping, grating, and peeling can feel a bit daunting, especially with little hands around. Get together with your learners **(SFE2)** and other teachers **(BFE5)** to watch our Cooking Skills videos and level-up your knowledge.

Feeling like you want to put your skills to the test? Try our Easy-Peasy Tray Roast Recipe (and yes, you can make this in the air fryer too!).  
**(BFE2, SFE2, GFE2)**





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## Simple Snacks

Cooking isn't just about making whole meals, you can start by making quick and easy snacks.

Did you know that you can turn vegetable peelings into Crisps? This is a great opportunity to talk about food waste, and the impact that this has on the planet. **(GFE1)**

You can also test out your chopping skills by slicing up cucumber, carrots and peppers. Pair these with some delicious Homemade Houmous, and you've got yourself a colourful snacking plate. **(BFE2, SFE2, GFE2)**

Cooking is for everyone, and if time and resources are limited then simple snacks are a great way to introduce cooking activities.

