



Finding time to cook

Set-up info for teachers

Finding the time for cooking lessons may seem difficult at first, but with a bit of creativity and a few tips you can easily weave it in. Linking cooking skills to other core subjects helps extend the curriculum learning and is particularly beneficial for students who may have behaviour or learning difficulties.

Try teaching how to measure during maths lessons to underscore mathematical concepts, or how to read a recipe as a larger literacy unit.

When timetabling in the cooking lessons consider the two different models listed below.

Breaking the class in half

Schools with larger classes may find that it works best to split the classes in two to participate in cooking activities. Things to consider with this model:

- ★ Smaller groups allow for more focus and attention on individual learning.
- ★ Fewer children allows for greater supervision.
- ★ Less equipment is needed.
- ★ Another activity and teaching support needs to be organised for the remaining groups.
- ★ Additional space, such as a hall or a kitchen classroom, is needed for the cooking activity.

Teaching the whole class

Cooking with the whole class works best for certain activities. Lessons involving a variety of different steps may be well suited for larger groups, or recipes such as baking bread that require less risk and individual supervision. Things to consider when cooking with the whole class:

- ★ Working with larger groups is a great way to encourage working together and develop teamwork skills.
- ★ There is less need to store fresh ingredients when it is all used at once.
- ★ More space, equipment and supervision may be needed for a larger group.

