

Theme Four:

Cooking is Human

Cooking is something that humans have always done. It's one of the things that makes us different from animals. From the beginning, people have gathered around fires, shared food and told stories. Every culture in the world has special recipes and traditions. Cooking connects us across time and place. It's a way to share who we are, where we come from and what we celebrate.

When we cook, we are part of something bigger, a human tradition that brings people together.

Actions covered in this theme:

Bronze

BFE2, BCP1, BCP2, BLC5

Silver

SFE2, SCP2

Gold

GFE2



Cooking is Human:

Food around the World

Every culture has special recipes and traditions. Cooking connects us across time and place, it's how we share who we are, where we come from, and what we celebrate.

Why not try cooking some traditional foods from celebrations around the world? During Diwali, you could make our tasty Bombay Chickpeas. For Lunar New Year, try our Spring Rolls recipe or cook up some crispy Latkes for Hanukkah (**BFE2, SFE2, GFE2**). You could even host an event to celebrate these different cultures (**BCP1**).

Cooking is human, and it's a delicious way to explore different cultures and celebrate together.



Cooking is Human:

Show and Tell

Ask your pupils to close their eyes and think about the best thing that they've ever eaten. This can be any type of food, or meal. Ask them to remember the smells, the taste, the textures and if they were with people when they ate it. Now, ask them to draw a picture, or write down what made the food so special. Go around the class and share memories.

Everyone's favourite memory will be different, and that's what makes it amazing! Food connects us all, and sharing those memories is a human tradition we all have in common.

To go the extra mile, host an open evening 'art gallery' event and invite families to celebrate their pieces of art (**BCP1**), or use our Conversation Starters to promote a positive dining room experience (**BLC5**).

