



# Food For Life: TEACHING COOKING CONFIDENTLY

**Supported by Jamie Oliver's  
Kitchen Garden Project**

## Introduction

This programme of self-guided training aims to enhance the skills and confidence of primary school staff to lead practical Cooking and Nutrition activities in the context of the Food for Life framework.

The suggested time allocation for each of the 4 sessions is 90 minutes – suitable for personal development in PPA time, staff meetings and INSET days.

You will need to be logged into the Food for Life Schools Portal to access resources.

There is some hands-on cooking activity in each of the sessions requiring pre-organisation such as shopping for ingredients and printing of recipes so we recommend you read through the programme well in advance of planned learning.

### Each session combines a range of learning opportunities:



Key information



Practical activity



Discussion



Review





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## **SESSION 1 – COOKING AND NUTRITION IN THE CURRICULUM**

**Self-guided learning for leaders of primary  
school cooking activities**

# ONLINE TRAINING FOR PRIMARY SCHOOL STAFF

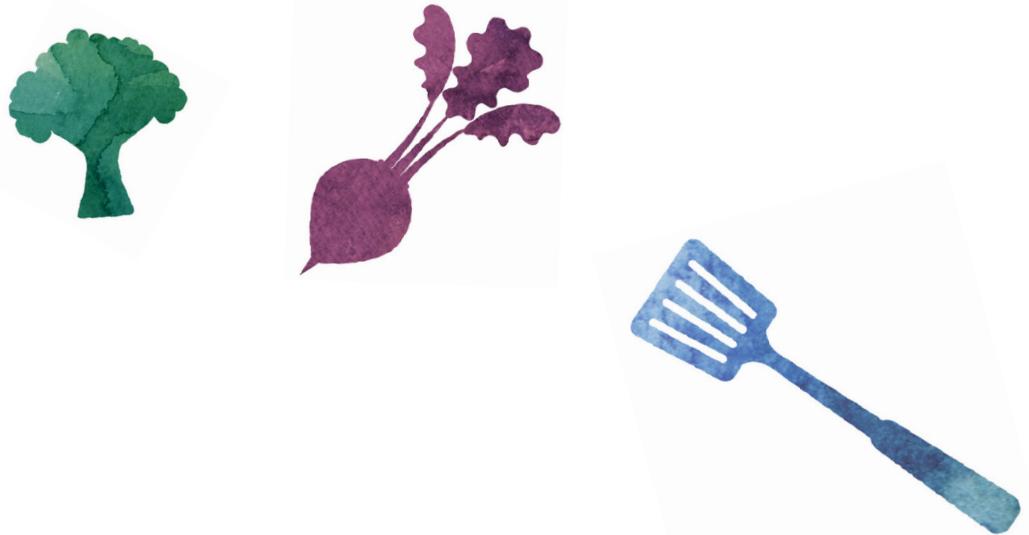
This guided learning session explores **lesson planning, classroom management** and **practical cooking teaching techniques** and aims to enhance confidence to lead Food for Life curriculum cooking activities.

## OUTCOMES

## **By the end of the session you will have:**

- ✓ Considered the value and place of cooking activities in the primary curriculum and as part of a whole school approach to healthier food
  - ✓ Reviewed the Food for Life awards criteria
  - ✓ Explored a selection of Jamie Oliver Kitchen Garden Project resources and undertaken practical activity based on potatoes
  - ✓ Reflected on your learning





**Since September 2014 Cooking and Nutrition has been compulsory for all children up to the age of 14 in England**

*"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."*

- Design & Technology:  
Cooking and Nutrition curriculum KS1-3





## PUPILS SHOULD BE TAUGHT TO:

### Key stage 1

- ✓ Use the basic principles of a healthy and varied diet to prepare dishes
- ✓ Understand where food comes from

### Key stage 2

- ✓ 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

**Read more about cooking and nutrition in the curriculum here:**

<https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study#cooking-and-nutrition>



## COOKING SKILLS IN THE FOOD FOR LIFE FRAMEWORK

- ✓ Profiled in the Food Education area of development
- ✓ Every child to have the opportunity to cook in school
- ✓ Cooking linked to growing and visiting farms as part of a whole school approach
- ✓ Clear links made between cooking, food education and school meals
- ✓ Opportunities for parents and the school community to cook together



**Find out more about  
Cooking Skills in the Food  
for Life framework here:**

[http://www.foodforlife.org.uk/  
schools/criteria-and-guidance](http://www.foodforlife.org.uk/schools/criteria-and-guidance)



## WHAT ARE THE CHALLENGES AND OPPORTUNITIES OF DOING MORE COOKING IN SCHOOL?

**Consider the following suggestions:**

### Time

- ✓ Integrate cooking across the school and bring maths, English and science to life through practical cooking activities. Build cooking into school events
- ✓ Allocate time for skills-focused lessons dedicated to learning to cook as per the curriculum
- ✓ Link with growing, farming and school meals for a whole school approach

**Read more about finding time to cook here:**

<https://www.foodforlife.org.uk/media/a4uhtody/18-finding-the-time-to-cook.pdf>

### Staff Training

- ✓ Make time for all staff to practise and share learning about teaching cooking activities
- ✓ Provide Level 2 Food Hygiene/Safety training for all, to cover the minimum industry standards for processes and procedures of commercial food handlers

### Cooking facilities

- ✓ Assess the space you've got and start thinking creatively – even small store cupboards can be turned into cooking areas!
- ✓ Invest in a good set of equipment and use it only for cooking. **Find more information about equipment for primary cooking classes here:**  
[https://www.foodforlife.org.uk/media/z5nlfq1j/cooking-equipment-list.pdf?v=9wXsl\\_kpUU&list=PLVVDe5yDpj6fTaOdmqeqjiINP--chXSM](https://www.foodforlife.org.uk/media/z5nlfq1j/cooking-equipment-list.pdf?v=9wXsl_kpUU&list=PLVVDe5yDpj6fTaOdmqeqjiINP--chXSM)
- ✓ Establish whole school systems of best practice for cooking in classrooms – hygiene policy, knife-skills teaching, classroom management for practical cooking
- ✓ Engage your school cook or caterer, they have great skills (and resources) to share!

### Planning

- ✓ Carry out a curriculum mapping exercise. Ask yourself; what is cooked, when, why?
- ✓ Plan cooking into the curriculum like with any other subject and project! It shouldn't be a bolt-on at the end of term or a filler/treat activity
- ✓ Plan lessons to develop pupils' nutrition knowledge and cooking skills across the key stages, avoiding repetition and building a repertoire of tasty, healthy dishes



## POTATOES TOPIC

**Try this activity in your staff training to work through the approach taken in the Kitchen Garden Project resources**

- ✓ Read through the 'Potatoes' information sheet which includes 'Key Information for Teachers':  
[https://www.foodforlife.org.uk/media/sm1bo05z/fv\\_25\\_potatoes.pdf](https://www.foodforlife.org.uk/media/sm1bo05z/fv_25_potatoes.pdf)
- ✓ Discuss where this topic might fit in your curriculum, wider school activities and Food for Life Awards progress
- ✓ Familiarise yourself with the recipe sheets. Take a note of how they are set out, how the instructions are worded and what you would need to prepare ahead of the lesson

**Make one or all of these recipes:**

[https://www.foodforlife.org.uk/media/sm1bo05z/fv\\_25\\_potatoes.pdf](https://www.foodforlife.org.uk/media/sm1bo05z/fv_25_potatoes.pdf)





# REVIEW WHAT YOU HAVE LEARNT IN THIS SESSION

- 1 Has your level of confidence increased to lead a potato focused cooking activity with your class?
  - 2 Have you started thinking more creatively about your cooking facilities?
  - 3 Do you still have concerns about teaching these recipes?

## **Do you require further guidance?**

Email [jsixsmith@soilassociation.org](mailto:jsixsmith@soilassociation.org) with specific questions or for more info about further training opportunities.

