

Theme One:

Cooking is Joyful

Cooking isn't just about making food, it's about making memories. When we cook, we laugh, share stories and spend time together.

Cooking helps us celebrate birthdays, holidays and moments that make us smile.

Cooking is a great way to connect with friends and family. You can learn new recipes from each other, taste different flavours, and be proud of what you create. Everything that you cook is something special, because you made it.

Actions covered in this theme:

Bronze

BFE1, BFE2, BCP2

Silver

SFE2, SCP2

Gold

GFE2



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Pumpkin Power

A pumpkin isn't just for carving, it's for cooking too. After Halloween, nearly 20 million pumpkins go to waste, but pumpkins are tasty, healthy and full of goodness. This makes them a perfect way to teach pupils about food waste and how we can make the most of what we have. **(GFE1)**

Why not turn your pumpkin into something delicious? Give our Soup Chooser a whirl and experiment with some flavours, or use our Seeds and Spices cheat sheet to give the seeds a tasty twist. **(BFE2, SFE2, GFE2)** You can also share these recipes with parents so families can join in at home and make the most of their pumpkins too. **(BCP2, SCP2)**

If you've still got loads of pumpkin left over, don't worry! Use your roasting, blending and mixing skills to make some fun pumpkin play dough.



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Firework Feasts

Bonfire Night is a night to wrap up warm, spend time with loved ones and share tasty food together. Cooking makes the night even more special.

Why not try our super-easy Garlic Pinwheels? They are perfect with a meal, or you can pop them into a lunchbox for a yummy snack on-the-go. And if you fancy something sweet, our Sticky Ginger Buns recipe will warm you right up. **(BFE2, SFE2, GFE2)**

Share these recipes with parents to try at home **(BCP2, SCP2)**, or hold a Bonfire Night themed event and sell these delicious treats to spread the love. **(BCP1)**



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Happy Plates

Cooking and eating good food can make us feel really happy. Some foods even help our brains make 'happy chemicals'. You can find out more about this in our [Food and Mood resource](#). Why not hold an assembly about how food effects your mood? Watch our '[Ask an Expert](#)' film to see how food affects even the most professional chefs. **(BFE1)**

But happiness isn't just about the food itself. When we cook together, we get to laugh, share stories and enjoy time with the people we care about. [This resource from the Jamie Oliver Kitchen Garden Project shows you how to put a meal together](#), balance your plate and make flavours and textures taste amazing. **(SFE2)**

