



Food For Life: **TEACHING COOKING CONFIDENTLY**

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

SESSION 4 – LINKING COOKING AND NUTRITION INTO A WHOLE SCHOOL APPROACH

Self-guided learning for leaders of primary
school cooking activities

ONLINE TRAINING FOR PRIMARY SCHOOL STAFF

This guided learning session explores how to use practical cooking activities to teach about **nutrition, how food is grown** and **how to make links with the school meal service**. It aims to enhance confidence to lead Food for Life curriculum cooking activities.

OUTCOMES

By the end of the session you will have:

- ✔ Considered key nutritional messaging suitable for primary aged children and how to implement in cooking activities
- ✔ Practised your knife skills
- ✔ Explored a selection of Kitchen Garden Project resources and undertaken practical activity focused on seasonal vegetables and herbs
- ✔ Reflected on your learning



The national curriculum includes the study of Cooking and Nutrition in Key Stages 1-3:

"As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating"

When you plan food education and cooking lessons, aim to bring the key nutrition messages to life:

- ✓ Food groups
- ✓ The Eatwell Guide
- ✓ Fruit and vegetables
- ✓ Water
- ✓ Sugar and salt
- ✓ Portion sizes
- ✓ Energy balance



Study the Kitchen Garden Project nutrition resources. Is any of the information new to you? Can you integrate the 'Balanced Plate' and 'Five Food Groups' activities into your lessons?



https://www.foodforlife.org.uk/media/0i3k5ug2/jo_kgp_kids_5_food_groups_25-11-16_v2.pdf

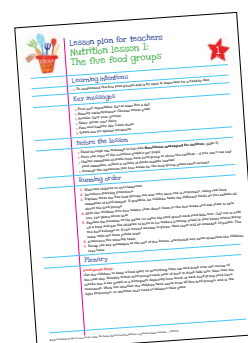
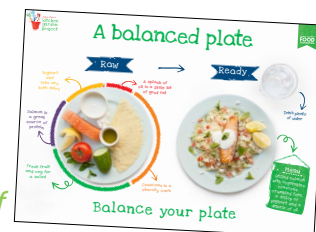
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https://www.foodforlife.org.uk/media/kv0f1zag/np_2_a-balanced-plate.pdf

<https://www.foodforlife.org.uk/media/cgljy2xw/nutritional-messaging-for-children-final-updated-21116-1.pdf>

https://www.foodforlife.org.uk/media/mmejzl4h/n_17_balanced-plate-activity.pdf

https://www.foodforlife.org.uk/media/aw1ap40p/n_24_five-food-groups-activity.pdf





UNDERSTANDING WHERE FOOD COMES FROM, SEASONALITY AND HOW IT IS GROWN, REARED, CAUGHT AND PROCESSED IS A KEY PART OF THE COOKING AND NUTRITION CURRICULUM FOR PRIMARY CHILDREN.



Study the Kitchen Garden Project lesson plan 'How to use what's in season' and discuss the key points raised in the lesson narrative.

<https://www.foodforlife.org.uk/media/ikvjfnrx/harvest-vegetable-soup-recipe.pdf>



Make the relevant seasonal vegetable recipe for the time of year, practising your bridge and claw knife skills and thinking about nutritional messaging you can bring into the lesson:

- ✓ Baked carrots in a bag
- ✓ Lemony green beans
- ✓ Simple dressed asparagus
- ✓ Wilted spinach with garlic and nutmeg





THE FOOD FOR LIFE FRAMEWORK ENCOURAGES SCHOOLS TO COOK WITH PRODUCE THAT'S BEEN GROWN BY THE CHILDREN.

Herbs are very easy to grow, take up little room in the school grounds, are available all year round and can be used in a wide variety of recipes. So, a practical lesson based on herbs would be a great way of integrating cooking and growing.

Find out more about the Food for Life award criteria for cooking, growing and school meals here:

<https://www.foodforlife.org.uk/work-with-us/schools-and-early-years>

Find out all about herbs here:

https://www.foodforlife.org.uk/media/dv0ff0if/aa_5_all-about-herbs.pdf

Learn how to grow herbs in the school grounds:

https://www.foodforlife.org.uk/media/v45ogxfw/gu_5_salad-and-herbs.pdf





Study the Kitchen Garden Project resource 'All about herbs'. Gather a range of herbs from the school garden or ask colleagues to bring them in from their home gardens. 'Scratch and sniff' as you read about the herbs to familiarize yourself with them and think about learning opportunities.

Make one or more of the recipes in the resource:

- ✓ Basil pesto
- ✓ Coriander and yoghurt chutney
- ✓ Salsa verde



These quick-to-make sauces and the seasonal vegetable dishes would be suitable to prepare in class and serve as accompaniments at lunchtime, encouraging links between food education and school meals (part of the whole school approach to food education).

Discuss how you might organize this sort of activity with your class. Consider the health and safety approaches if children are preparing food for others. How can you encourage children to try new recipes and ingredients?



REVIEW WHAT YOU HAVE LEARNT IN THIS SESSION

- 1 Has your level of confidence to practice knife skills with your class?
- 2 Do you feel more confident linking cooking and nutrition into a whole school approach?
- 3 Do you still have concerns about teaching these recipes?

Do you require further guidance?

Email jsixsmith@soilassociation.org with specific questions or for more info about further training opportunities.

