



Preparing for lessons

Set-up info for teachers

It is important to plan and prepare for lessons in the kitchen as you would for any other lesson, as well as consider the additional kitchen-specific elements needed.

Before the lesson

- ✦ Prepare in advance any elements of the dish that you won't have time to cook from scratch during the lesson.
- ✦ Make sure your cooking area is clean, tidy and uncluttered.
- ✦ Check off the ingredients needed and line them up in order they appear in the recipe, at your cooking area.
- ✦ Keep a note of any ingredients that need replacing before the next lesson.
- ✦ Know when the lesson will have natural breaks (for example, when food is in the oven) and plan how to fill the time.
- ✦ Set up any large or small pieces of equipment needed for your demonstration.
- ✦ Switch on ovens, extractor fans and other equipment needed during the lesson.
- ✦ Get serving equipment and plates ready.
- ✦ Print off enough recipes for the whole class.
- ✦ Make sure you have adequate clean aprons, tea towels, oven gloves and takeaway containers, where relevant.
- ✦ Read the lesson narratives and structure your plan for teaching – make sure you bring any notes or necessary materials for teaching into the kitchen with you.

Setting up to cook

Having a clean, organised workspace means you'll be able to focus on the job you're doing and do it well. It's an essential skill to show the children, so they carry it on when cooking in the classroom and at home.

Before each lesson:

- ✦ Clear a space to work and wipe down work surfaces with antibacterial wipes.
- ✦ Read through the entire recipe and gather the equipment and ingredients needed.
- ✦ Place a silicone mat under the chopping board to secure it, or use non-slip boards.
- ✦ Measure out and line up ingredients in the order they appear in the recipe.
- ✦ Carry out a risk assessment for the cooking activity.
- ✦ Preheat the oven, if needed.

After the lesson

- ✦ Unplug all appliances.
- ✦ Put away any leftover ingredients.
- ✦ Store any leftover food in clean containers, leave to cool, then cover, label and put in the fridge.
- ✦ Do the washing up.
- ✦ Wipe down the surfaces and hob, preferably with an antibacterial spray, to make sure everything's nice and clean for the next time.
- ✦ Check the floor – if you've dropped any food or liquid, clean it to avoid accidents.
- ✦ Empty the bins.