

Why cook food?

- Provides rich, authentic learning experiences
- Children may try new and healthy foods
- A kitchen is a learning lab for children and young people
- Children who engage in home cooking have better diets overall
- Food Literacy is more effective when children experience cooking first-hand
- Being food literate can lead to better food choices
- Children learn life skills
- Cooking can aid children in acceptance of responsibility

What you need:

- *Access to a kitchen or cooking facilities with space to wash, prepare & cook food*
- *Aprons and other protective clothing if needed*
- *Cooking utensils - knives, peelers, wooden spoons etc.*
- *Pots and pans - various sizes*
- *Mixing bowls - various sizes*
- *Baking trays - various styles*
- *Cooling racks*
- *Colour coded chopping boards for different food types*
- *Electric whisk, food blender*
- *Cookbooks - age appropriate*
- *Store cupboard basics - seasoning, herbs, olive oil, butter, spices, flour, pasta etc.*
- *Home grown and seasonal fruit, vegetables, herbs and salads*
- *Food storage facilities - larder, fridge, freezer*
- *Food storage containers*
- *Food thermometer*
- *Kitchen logs to record temperature of fridges & freezers*

Useful websites

<https://www.foodafactoflife.org.uk/recipes/>
<https://www.bbcgoodfood.com/recipes/collection/kids-cooking-recipes>
<https://www.nhs.uk/change4life/recipes>

Key Concepts Change, Health, Choice, Wellbeing, Cause & Effect

Key Questions

- What do we need to consider when preparing/cooking foods? (Hygiene, safety etc.)
- What snacks can we make for our friends using the ingredients that we have available to us?
- How can we organise our store cupboard to keep similar ingredients together?
- How might food help us to stay fit and healthy?
- Where can we find recipes to follow?
- Can we adapt recipes or make our own?
- What can we cook to help us celebrate special events?
- Who can we share our cooking with?

Things to cook and prepare

Fruit Kebabs
 Delicious Dip & Hummus with Vegetable Sticks
 Pitta Pockets
 Pizza Wrap & Coleslaw
 Tasty Toast
 Moreish Muffins

All of these recipes (and more) are available on the 'Food a Fact of Life' Website

Possible learning experiences

- Check available ingredients from the school garden, Big Bocs Bwyd and the school pantry
- Consider how you might combine these ingredients to make something tasty for snack
- Make shopping lists for additional essential items
- Purchase additional ingredients from the Big Bocs Bwyd
- Find and follow a simple recipe making sure you know what to do
- Wash your hands thoroughly, tie back long hair, put on your apron
- Collect all of the ingredients that you will need
- Collect the equipment and utensils you will need
- Prepare vegetables and other ingredients according to the recipe - wash, peel, chop etc.
- Weigh and measure ingredients according to the recipe
- Ask an adult to set the oven temperature if needed
- Use a timer so prevent things burning
- Prepare the snack table for your friends - collect any crockery or cutlery they will need
- If selling your food in the Big Bocs Bwyd, find suitable packaging/containers
- Enjoy eating with/interacting with your friends/customers
- Wash the dishes and clean your workspace thoroughly
- Store leftover food and/or ingredients paying regard to food safety guidance
- Ask friends/customers what they liked/disliked
- Take your cooking skills home - plan and prepare a snack to share with your family

Four Purposes

Ambitious, capable learners

Use number effectively in different contexts

Healthy, confident individuals

Have the skills and knowledge to manage everyday life as independently as they can

Enterprising, creative contributors

Connect and apply their knowledge and skills to create ideas and products

Ethical, informed citizens

Show their commitment to the sustainability of the planet

Integral Skills

Creativity and innovation

Plan and manage projects

Critical thinking and problem-solving

Evaluate information and situations

Personal effectiveness

Independence

Planning and organising

Time management
Monitor and reflect on results

What Matters

Sci-Tech

Matter and the way it behaves defines our universe and shapes our lives

H&WB

Our decision-making impacts on the quality of our lives and the lives of others.

M&N

Measurement focuses on quantifying phenomena in the physical world.

Descriptions of learning

I can explore the properties of materials and choose different materials for a particular use.

I can make decisions based on what I like and dislike.
I can take part in group decisions.

I can understand and apply the language of time in relation to my daily life.
I have used a variety of objects to measure.

Cross-curricular Skills

Nursery

M&N

Compare, sort and order two objects in terms of size by direct observation
Anticipate events related to elements of daily routines and use the terms 'before' and 'after'
Use words that describe temperature during everyday activities, e.g. hot/cold

LLC

Take part in activities alongside others

Reception

M&N

Use direct comparisons with weight/mass/capacity
Use the concept of time in terms of their daily activities
Demonstrate a developing sense of how long tasks and everyday events take
Use direct comparisons when describing temperature

LLC

Exchange ideas in one-to-one and small group discussions
Take part in activities alongside others, with some interaction