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Introduction and Links to the National Curriculum

The *Teaching Healthy Cooking and Nutrition in Primary Schools* series is a practical school programme for schools. It focuses on the progression in cooking skills through easy-to-follow recipes. Essential cooking skills, theory and health and safety points are introduced progressively throughout the series.

The programme is designed to teach pupils practical cooking whilst incorporating the theory into the hands-on activity. Each of the five books in the series contains 12 recipes, together with visual lesson structure cards, visual learning objectives and photographs of the food – all of which are photocopyable.

All the recipes are presented in two formats, one laid out in a traditional way and one in a visual step-by-step format, enabling the recipes to be used with pupils of all ages or with groups with differing reading abilities. It is recommended that, after a cooking session, the recipes are photocopied and sent home with pupils, so that children can try making the recipes at home.

There are two assessment sheets in the book (on pages 85–86). The assessment sheets test and reinforce the practical and theoretical knowledge gained. You will also find a photocopyable certificate on page 87 for when pupils have completed all the tasks.

This second edition of *Teaching Healthy Cooking and Nutrition in Primary Schools* has been amended to ensure that it addresses the requirements of the National Curriculum for England (September 2014). The programmes of study state that pupils should be taught how to cook and apply the principles of nutrition and healthy eating. It aims to instil in pupils a love of cooking and to teach them a life skill that will enable pupils to feed themselves and others affordably and well, now and in later life.

Key Stage 1 pupils should be taught to use the basic principles of a healthy and varied diet to prepare dishes and understand where food comes from.

Key Stage 2 pupils should be taught to:

- 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.

The series also links well with the Health and Wellbeing section of the Scottish Curriculum for Excellence and the Guidance on the Schools (Health Promotion and Nutrition) (Scotland) Act 2007.

How to Use the Resources

All ingredients are based on two pupils sharing, and the timings will all fit into a double lesson of approximately 80 minutes. We recommend you use low-fat options where possible.

Make a display using the Visual Lesson Structure Cards (pages 7–10) and pictures of the recipe and skill to be focussed on in the lesson (colour versions of the photographs can be downloaded from the Brilliant Publications' website).

Keep the skill, theory and health and safety point sheets to hand so that you can refer to them when demonstrating to pupils. (The language has been kept as simple as possible on these sheets, so you may wish to give copies to your pupils as well.)

Choose the best format of the recipe to use for each pair of children and photocopy sufficient copies. The illustrated versions of the recipes can be photocopied onto either an A3 sheet (if space is an issue, fold it in half so that you view six steps at a time), or reduced to A4 size.

If you place the recipes and other sheets in clear plastic wallets (or laminate them), they can be used again and again.

Encourage children to gather together all the ingredients and equipment they need before starting. They could tick things off on their copy of the recipe.

Demonstrate the recipe 2–3 steps at a time, introducing the skill, theory and health and safety points as you progress through the recipe.

An important aspect of learning to cook is learning to work together. You may wish to display the Discussion cards on pages 11–12 (Communicate, Share, Help, Be pleasant) so that you can refer to these throughout the lesson.

The assessment sheets on pages 85 and 86 provide a fun way of testing the practical and theoretical knowledge gained. The Certificate of Achievement on page 87 can either be used as an ongoing record or be given out when all the recipes in the book have been completed.

On pages 88–89 there is a chart giving some suggestions for adapting the recipes for children with allergies and intolerances, and/or religious and lifestyle considerations. None of the recipes use nuts. Before you start any cooking activities, you should send home a letter asking parents to inform you if there are any allergy/lifestyle/religious considerations that you need to take into account. You may need to follow this up with a letter or phone call to clarify any issues raised. A useful chart listing some religious food customs can be found at:

www.childrensfoodtrust.org.uk/assets/the-standards/3food-customs.pdf.

Above all, have fun and enjoy cooking!