

TEACHER'S GUIDE

LESSON PLANNING STARTS HERE

Plan cooking lessons that...

...are relevant to children's lives

Include familiar foods and introduce new ones to extend children's experience and understanding. Draw on experiences from the home and family culture and invite parents, carers and the community to taste the food.

...introduce different food cultures

Teach themed cooking lessons to learn about food around the world – but try to avoid generalising without a foundation of knowledge. You could explore Italy's climate, regionality, seasonality and way of life, or why not get children comparing and contrasting the flavours in Chinese food?

...encourage healthy eating

Introduce the 5 A DAY message for the youngest children, then progress to food groups, balanced diets (using the Eatwell Guide) and looking in more detail at the main nutrients and why our bodies need them.

...show where food comes from

Encourage pupils' interest in food provenance – including place or country of origin, farming and food production methods, and seasonality. Celebrate Britain's food heritage (eg fruits, veg, cheeses and traditional dishes – including those influenced by other cultures such as Balti).

...inspire a love of food and cooking

Reinforce positive attitudes to food and nutrition and show respect for food and its properties. Touch and taste familiar and unfamiliar ingredients together with the children, presenting food in an attractive way. Store and prep food carefully, avoid waste and don't encourage playing with food.

...are safe and hygienic

Conduct a full risk assessment each time you cook. Teachers and children should wear protective clothing, wash hands often, remove nail polish and jewellery and tie hair back.

...celebrate fresh ingredients

Teach children to recognise the qualities of freshness – such as a freshly picked lettuce, the shiny, smooth and firm exterior of a green pepper or the bright eyes and firm flesh of a whole fish with a 'fresh from the sea' smell.

...make food a social experience

Get pupils cooking in a team where everyone has a role and cooking task, or if children are working individually, try to get the whole group to interact with each other. It's also good to plan an eating experience together.

...encourage sustainability

Grow your own ingredients or source those that are in season and produced locally and ethically (fair trade, organic, high animal welfare, planet-friendly). Waste nothing – show children how to get full value from ingredients.

COOKING IN SCHOOLS

YOUR GUIDE TO PLANNING AND TEACHING COOKING IN PRIMARY AND EARLY YEARS SETTINGS



WHAT'S INSIDE



LOOK INSIDE FOR OUR INDISPENSABLE COOKING SKILLS CHECKLIST.

WANT MORE?

Did you know, for just £25* you can buy a full *Skill Up, Start Cooking* pack with everything you need to teach cooking, including 32 recipes linked to age, skills and growing.

*Plus P&P

For teaching pupils aged 3-11

"The checklist is spot on! I use it in my planning to ensure that I cover the relevant skills for each age group."

Tracy Roe, Food Leader,
Haworth Primary School

COOKING SKILLS CHECKLIST

This shows which taught skills children can generally achieve without pre-preparation of ingredients at each age group.



KNIFE SKILLS		AGES	3-5	5-6	6-7	7-8	8-9	9-10	10-11
1	Bridge knife technique – soft foods eg strawberry, cherry tomato		•	•	•	•	•	•	•
2	Bridge knife technique – harder foods eg apple				•	•	•	•	•
3	Claw knife technique – soft foods eg cucumber			•	•	•	•	•	•
4	Claw knife technique – harder foods eg carrot					•	•	•	•
5	Simple combination of bridge and claw eg onion							•	•
6	Fine chopping of herbs								•
7	Snipping herbs in a jug using scissors			•	•	•	•	•	•
8	Hedgehog a mango cheek with a round-bladed knife				•	•	•	•	•
9	Coring an apple							•	•
10	Peeling soft vegetables eg courgette					•	•	•	•
11	Peeling eg carrot								•
12	Grating soft foods eg courgette, cheese				•	•	•	•	•
13	Grating harder foods eg carrot, apple						•	•	•
14	Finer grating eg Parmesan cheese, nutmeg							•	•
WEIGHING AND MEASURING									
1	Using measuring spoons and cups		•	•	•	•	•	•	•
2	Using a jug to measure liquids				•	•	•	•	•
3	Using balance scales		•	•	•	•	•	•	•
4	Using digital or spring balance scales					•	•	•	•
BAKING SKILLS									
1	Sieving eg flour		•	•	•	•	•	•	•
2	Cutting fat into flour				•	•	•	•	•
3	Cracking an egg				•	•	•	•	•
4	Separating an egg					•	•	•	•
5	Beating an egg				•	•	•	•	•
6	Rubbing fat into flour				•	•	•	•	•

BAKING SKILLS CONT.		AGES	3-5	5-6	6-7	7-8	8-9	9-10	10-11
7	Adding liquid to flour					•	•	•	•
8	All-in-one cake mixing			•	•	•	•	•	•
9	Creaming fat and sugar						•	•	•
10	Folding flour into creamed mixture						•	•	•
11	Scraping out a bowl with spatula			•	•	•	•	•	•
12	Dividing mixture into tins eg muffins			•	•	•	•	•	•
13	Mixing to form a bread dough				•	•	•	•	•
14	Kneading		•	•	•	•	•	•	•
15	Shaping eg bread rolls		•	•	•	•	•	•	•
16	Handling and folding filo pastry		•	•	•	•	•	•	•
17	Handling and rolling puff pastry				•	•	•	•	•
18	Handling and rolling shortcrust pastry						•	•	•
19	Cutting out rolled pastry		•	•	•	•	•	•	•
20	Glazing eg brushing with egg, milk, oil		•	•	•	•	•	•	•
OTHER SKILLS									
1	Tearing eg herbs		•	•	•	•	•	•	•
2	Crumbling cheese eg feta cheese		•	•	•	•	•	•	•
3	Arranging ingredients/toppings		•	•	•	•	•	•	•
4	Spreading with the back of a spoon eg pizza topping		•	•	•	•	•	•	•
5	Spreading with a table knife eg butter				•	•	•	•	•
6	Scooping eg removing mango flesh from hedgehogged shell, or baked potato from its jacket		•	•	•	•	•	•	•
7	Mashing			•	•	•	•	•	•
8	Crushing garlic				•	•	•	•	•
9	Using a lemon squeezer		•	•	•	•	•	•	•
10	Beating ingredients together eg salad dressing		•	•	•	•	•	•	•
11	Shaping eg fishcakes/burgers				•	•	•	•	•
12	Coating eg with egg and breadcrumbs					•	•	•	•
13	Using the hob (only with adult supervision) eg to sweat vegetables for soup							•	•
14	Whisking eg egg whites or cream							•	•
15	Shelling a hard boiled egg					•	•	•	•
16	Garnishing and decorating		•	•	•	•	•	•	•
17	Seasoning to taste						•	•	•
18	Draining through a sieve or colander					•	•	•	•