

# CURRICULUM PLAN: COOKING AND NUTRITION



“It’s still magic  
even if you know  
how it’s done.”

—Terry Pratchett

'Every child should be taught to cook in school, not just talk about nutrition all day. Good food can be made in 15 minutes. This could be the first generation where the kids teach the parents.'

Jamie Oliver

Changes in the curriculum have opened up opportunities to embrace a much more practical approach to the subject; motivating pupils to explore and learn through hands on experiences. As part of their work with food, our pupils are taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

# ENRICHMENT IN COOKING AND NUTRITION



As part of our pupils' experience of cooking, we run competitions for all years following current popular programmes such as *The Great British Bake Off* and *Junior Master Chef* with prizes including spending time in restaurant kitchens cooking for the public. The Rotary Club run a young chef of the year national competition which has supported winners in a successful career path and we have seen some of our young chefs at Woodhouse participate. This involves travel to a variety of locations and working with experienced chefs and kitchens.

We also feel that cooking enhances the wider curriculum and have incorporated enrichment activities through subjects such as PHSE, RE, history and science.

We run an after school cooking club where parents and children are encouraged to cook together – preparing and making meals for all the family. We value contributions from our community in sharing different recipes from around the world.

# YEAR 6 COOKING AND NUTRITION CURRICULUM

## Autumn Term– Health and Safety in the Kitchen

### Key Learning

- As part of their work with food, pupils will learn how to work hygienically in preparing themselves, working safely with ingredients and cleaning the kitchen after cooking.
- Cook a range of healthy snacks and main dishes developing the skills in using equipment safely and correctly.
- Learn the names and process of the equipment they use.
- Following a basic recipe correctly weighing and measuring ingredients
- Test and evaluate their dishes and think about ways to improve



## Spring term – Nutrition and the Eatwell Plate

### Key Learning

- To know the different nutrients and what they are important for.
- As part of their cooking each week, pupils will be able to say what the nutritional value of the dish contains.
- Pupils will be able to make simple changes to what they eat and to recipes to become healthier.
- Learn how to make balanced meals through a knowledge of the Eatwell Plate.
- Continue to build on skills in cooking a range of healthy snacks and main dishes for the family.
- Test and evaluate their dishes and think about ways to improve

## Summer– Planning and making healthy snacks for picnics and a school lunchbox

### Key Learning

- Pupils will look at existing products and adapt recipes making changes to show how a dish can be improved.
- Plan and cook a range of healthy snacks and understand how they can be stored and eaten safely.
- Will be able to follow a recipe
- Test and evaluate their dishes and think about ways to improve
- Identify skills learnt and further areas to build on when cooking at home.

# YEAR 8 COOKING AND NUTRITION CURRICULUM

## Autumn – Safety, Healthy Eating and the Eatwell guide

### Key Learning

- Building on practical skills, pupils will cook a range of healthy main dishes demonstrating how to use equipment safely and correctly.
- Can name the best ways to store and reheat their food safely.
- Able to name the process and reason behind choices of equipment.
- Show a good knowledge of the Eatwell guide and be able to discuss the nutritional value of their dish.
- Test and evaluate their dishes and think about ways to improve.



## Spring – Adapting Recipes for all the Family

### Key Learning

- Know that some people have certain diets due to religion or allergies/intolerances
- Understanding Food labelling looking at diet and possible allergies.
- Make changes to recipes that take into consideration dietary requirements of any members of the family
- Produce and follow recipes independently
- Continue to build on skills in cooking a range of healthy main dishes for a family.
- Test and evaluate their dishes using feedback from family and think about ways to improve.

## Summer – Menu Planning and Presentation

### Key Learning

- Be able to produce a Menu around a theme/culture for two people
- Prepare, cook and present a quality starter, main and dessert
- Be able to produce costings for ingredients for two people
- Produce and follow recipes independently
- Test and evaluate their dishes and think about ways to improve.

[Click here for Curriculum Overview](#)

# HOME-LEARNING LINKS

KS2		KS3	
	Healthy eating and nutrition class clips		Healthy diet part 1
	What is a balanced diet?		Healthy diet part 2
	What are the key parts of a healthy diet?		Unhealthy diet
	Why do people with different lifestyles need different diets?		Food allergy and food intolerance
All years			
	Videos with simple recipes and instructions for healthy recipes to try at home.		
	The 'Eatwell' Guide		
	Easy and fun cooking projects for children		

You will be acquiring skills in preparing and cooking with a range of ingredients. You will build on these skills that lead to becoming confident in following and adapting recipes.



Welcome

# Cooking and Nutrition Learning Journey



Year

6

## Health and Safety in the Kitchen

You will be introduced to the food room through practical cooking tasks such as making bread, soup and fruit crumble that will help you understand working safely and hygienically in the kitchen – for both yourself and the food you will be cooking with.

## Tools and Equipment

You will learn what utensils and equipment is best for preparation and cooking ingredients. You will be able to name them and use them correctly and safely.

## Testing and Evaluating

You will taste your cooking and evaluate the process and outcome. Using key describing words, you will be able to say what went well and what you would change next time. Asking what your family think too is good to do.



## Diet and Nutrition

As part of your cooking each week, you will be able to say what the nutritional value of the dish contains, and make simple changes to what you eat as well as changes to recipes to become healthier. You will learn how to make balanced meals through a knowledge of the Eatwell Plate such as savoury rice, rosemary chicken and fruity muffins.

Year

8

## Recipe Adaption

Now that you have been able to build on your cooking skills throughout year 6, you will take a basic recipe and make changes to make the dish healthier and use seasonal foods. You will be able to produce your own recipe and follow this independently.

## Evaluating your cooking and setting future targets along the way.

You will test and evaluate your dishes and think about ways to improve suggestions ingredients, herbs and spices that you could use.

## Opportunities for entering competitions.

We run cooking and baking competitions each year in school, local and national competitions such as Woodhouse Bake off – all years and the Rotary club young Chef cooking competition – year 7 and 8



## Health and Safety in the Kitchen

Recapping on safe practices in the food room through practical cooking tasks. You will learn bread skills which will go towards making the perfect pizza comparing processed and fresh food products.

## Healthy Eating and the Eatwell guide

Building on practical skills, you will cook a range of healthy main dishes demonstrating how to use equipment safely and correctly.

You will name the best ways to store and reheat their food safely.

You will be able to name the process and reason behind choices of equipment.

You will show a good knowledge of the Eatwell guide



## Adapting Recipes for all the Family

You will learn that some people have certain diets due to religion or allergies/intolerances  
You will understand Food labelling looking at diet and possible allergies.

## Lots of cooking main meals for the Family

You will make changes to recipes that take into consideration dietary requirements of any members of the family

You will produce and follow recipes independently and build on cooking skills producing a range of healthy main dishes for a family.

## Menu Planning and Presentation

You will be able to produce a Menu around a theme/culture for two people and prepare, cook and present a starter, main and dessert

