



Design and Technology – Cooking and Nutrition

Many year groups include aspects of cooking and nutrition across their creative curriculum. The children in KS1 work towards understanding where food comes from and the basic principles of a healthy diet. They teach cooking skills discreetly in their 'revolting recipes' topic and bake bread as part of their 'The Great Fire of London' topic. They also teach aspect of this curriculum in their 'Healthy Life Style' science topic.

In EYFS the children are taught to make healthy food choices as part of the EYFS Framework.

In KS2 they work towards understanding the principles of a healthy and varied diet, they prepare a range of savoury dishes and thinking about how food is grown, reared, caught and processed. This is done in year 3/4 in discreet topics, such as cooking rationed food and cooking recipes from our 'skills up' handbook. The children in year 3/4 also learn about ecology and sustainability in Geography, Fairtrade products as part of literacy and about 'Healthy Eating' in science.

The 'skills up' handbook is also used to develop cooking skills in year 5/6. They have a focus on safe chopping and peeling skills to make stews and soups. They also look into the digestive system in science. Also in year 5/6 children are invited to attend a weekly gardening club where they grow their own food to take home and eat or to cook in the school kitchens.

Across the school we are working towards our Food for Life Bronze award. This means each year we take part in two whole school events (from EYFS to Year 6). The first is Grandparent Gardening Week where Grandparents are invited into school to take part in a gardening. We then use some of the produce that is grown by the gardening club or during Grandparent Gardening Week to create salads during 'Sensational Salad Week'. This gives all children a good understanding of where some fruit and vegetables are grown and how to sow, nurture and harvest. The children then use cooking skills to create salads that are sold to the school community.

As part of Food for Life criteria we are also working towards the school celebrating Fairtrade Fortnight in February/March each year. We also have links with a Master Composter who has visited the school and carried out an assembly to help us improve our composting in school.

The subject is further broadened by the Food for Life work that we are doing alongside the school kitchen. As part of our Bronze award we are working towards ensuring our food meets quality standards and constantly working with parents and

children too. Parents are being invited in to dine with their children and offer us ideas for improvements.

Vocabulary

EYFS	KS1	KS2
healthy food eating cooking baking growing	chopping diet kneading mixing The Eatwell Plate food safety harvesting	slicing hygiene grating peeling bridge hold claw hold balanced diet savoury nutrition Fairtrade

Vision

Overall, I would like for cooking and nutrition not just to have an impact during lessons but to impact children, staff, parents and the wider school community to make healthy choices about sustainable food and to think about their environment. I think this needs to be a whole school ethos, not just in lessons but throughout the school day (snack time, lunchtime etc.). In achieving Food for Life awards, we can work towards this ethos as a whole school.

Some key points for the vision for cooking and nutrition in school are:

- to improve staff confidence and enthusiasm in teaching children about growing and cooking by encouraging staff to attend free Food for Life courses.
- for more children to experience outdoor learning and growing food to eat
- to encourage children to eat what they have been growing
- for lessons (and the school ethos) to have an impact on the children's eating habits and to aid them in making healthy choices.
- to impact the wider community by developing a community food event to take place during the Autumn term.