

Cooking

Cooking Curriculum Intent

At BTAM, our pupils love to cook! We aim to facilitate a curriculum in cooking which supports our pupils in developing their understanding of nutrition, healthy eating and how to stay safe in the kitchen. We endeavour to develop our pupils' already keen interest in cooking and provide this as a further opportunity for creativity and self-expression. We recognise that this is a crucial life skill and aim to provide opportunities which will support our pupils in developing their self-esteem and independence.

Implementation

Every child will complete a 6-week block of cookery every term (3 times in a year). During this time, pupils will develop their knowledge and skills, and exercise the opportunity to be creative in the kitchen. Our progressive curriculum in cooking focuses on the key skill being taught and then identifies a recipe through which the pupils can implement the key learning, while experimenting and adapting the recipe to their taste and requirements. For example, when developing a range of knife skills, a salad or soup is the perfect recipe to provide opportunities to practice different chopping and peeling methods.

We practice opportunities for cross-curricular links to be explored within cooking, particularly with maths and science. Younger pupils will measure and weigh, whereas older pupils may also be looking at ratios in their recipes and scaling recipes up and down for greater or smaller quantities. Pupils will implement their learning about balanced diets and nutrition while exploring how to replicate meals in a healthier way, for example, pupils may be presented with a high street brand pizza to study the nutrition table and then create their own recipe and compare their own nutritional information for a healthier choice.

In the Autumn term, pupils learn about kitchen safety and key kitchen skills, in the Spring, we move on to looking at nutrition and healthier recipes and methods of cooking, in the summer, we project plan; pupils will design, budget, and prepare a meal from scratch. We have also planned in opportunities when the children can cook for festivals or special occasions for example, Diwali, Christmas, or bonfire night. Pupils will also experience food prep while out at forest school where they learn to use the Kelly Kettle and whittle sticks to toast things on their own built fires.

Impact

Our pupils learn to cook, this is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. Our pupils learn how to maintain a healthy and balanced diet and understand where our food comes from. Developing this vital life skills supports our pupils in developing their independence, self-esteem, and confidence. Pupils can have copies of recipes made at school and proudly tell us when they have made a meal at home based on a recipe they have learnt in school.