

Food For Life: TEACHING COOKING CONFIDENTLY

**Supported by Jamie Oliver's
Kitchen Garden Project**

Introduction

This programme of self-guided training aims to enhance the skills and confidence of primary school staff to lead practical Cooking and Nutrition activities in the context of the Food for Life framework.

The suggested time allocation for each of the 4 sessions is 90 minutes – suitable for personal development in PPA time, staff meetings and INSET days.

You will need to be logged into the Food for Life Schools Portal to access resources.

There is some hands-on cooking activity in each of the sessions requiring pre-organisation such as shopping for ingredients and printing of recipes so we recommend you read through the programme well in advance of planned learning.

Each session combines a range of learning opportunities:



Key information



Practical activity



Discussion



Review





Food For Life: **TEACHING** **COOKING** **CONFIDENTLY**

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SESSION 2 – SAFE WORKING AND TEACHING KNIFE SKILLS

Self-guided learning for leaders of primary
school cooking activities

ONLINE TRAINING FOR PRIMARY SCHOOL STAFF

This guided learning session explores **food safety**, **cooking classroom behaviour** and **how to teach knife skills**. It aims to enhance confidence to lead Food for Life curriculum cooking activities.

OUTCOMES

By the end of the session you will have:

- ✓ Considered how to prepare for cooking activities and manage food safety
- ✓ Practised how to teach simple knife skills
- ✓ Explored a selection of Jamie Oliver Kitchen Garden Project resources and undertaken practical activity based on making soup
- ✓ Reflected on your learning





KEY QUESTIONS TO BE CONSIDERED WHEN PLANNING SAFE COOKING LESSONS:

- ✓ Do our cooking leaders have Level 2 Food Safety qualifications? This is not a legal requirement but shows due diligence.
- ✓ Does our school have food preparation and storage policies / risk assessments for our cooking lessons (based around The Four C's of cleaning, cooking, chilling and cross contamination)?
- ✓ Do we understand dietary restrictions and food allergies and the implications for planning cooking activities?
- ✓ How does our school's allergen policy link with the EU Food Information for Consumers legislation?
- ✓ How do we make our general classrooms safe to cook in?
- ✓ What 'preparing for cooking' routines do we teach our children? For example – practising the Food Standards Agency 6 stage hand washing technique, always wearing aprons, tying up long hair, removing hand and wrist jewellery, removing nail varnish, washing up and table-cleaning systems.
- ✓ Are we good role models for food safety?



Here is a range of resources to support food safety. Have a look and discuss their usefulness for working in your classroom:

KGP resource 'Preparing for lessons': <https://www.foodforlife.org.uk/portal-kgp-resources/lesson-preparing-for-lessons>

KGP resource 'A note about dietary restrictions and food allergies': <https://www.foodforlife.org.uk/portal-kgp-resources/lesson-a-note-about-dietary-restrictions-and-allergies>

The Food Standards Agency guidance on 'Allergy and Intolerance': <https://www.food.gov.uk/science/allergy-intolerance>

The Food Standards Agency guidance on 'Training for Food Handlers': <https://www.food.gov.uk/business-industry/food-hygiene/training>

Food for Life 'Kitchen safety and hygiene information sheet': <http://www.foodforlife.org.uk/portal/resources/ffl-kitchen-safety-and-hygiene>



It is important to plan and prepare for cooking activities as you would for any other lesson, as well as considering the additional kitchen-specific elements needed.



You may not have a dedicated kitchen classroom for teaching cooking. To give you some ideas, look at this picture showing how a general room/classroom (this is in a barn) can be organised for cooking lessons and read the Kitchen Garden Project resource 'Preparing for Lessons' – set up info for teachers.



Read more about preparing for your lesson here:

<https://www.foodforlife.org/portal-kgp-resources/lesson-preparing-for-lessons>

Discuss how this might be achievable in your school.

Hints

- ✓ Laminated table coverings can be wiped down and sanitized
- ✓ Adjustable height tables provide adaptability for lessons with a wide age-range of pupils
- ✓ The school dining hall is a useful space for cooking activities, especially if you have access to the school kitchen for washing up and to use the ovens
- ✓ Table top induction hobs are safe to use for hob-cooked recipes like soup and stir-fries, but take care with trailing cables
- ✓ Equipment can be laid out ready for cooking to limit wandering around and reduce the risk of accidents



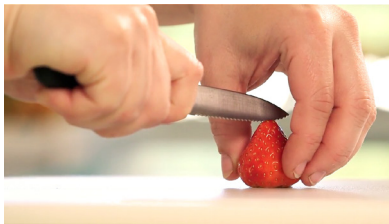
TO PREPARE FRUIT AND VEGETABLES, CHILDREN MUST LEARN HOW TO USE SHARP KNIVES SAFELY.

There are two main techniques you can teach them – the Bridge and the Claw.

Watch these videos showing how to teach key techniques:

<https://www.foodforlife.org.uk/portal/resources/ffl-focus-on-food-skills-snippets>

1. The Bridge



2. The Claw



3. Combined Bridge and claw



4. Preparing Garlic



5. Grating



6. Peeling



7. Squeezing Juice



8. Skills in Action



Read through the Kitchen Garden Project information about knife safety

<https://www.foodforlife.org.uk/portal-kgp-resources/lesson-knife-safety>



What would you include in the school cooking policy on working with sharp knives?



A COOKING/GROWING PROJECT TO MAKE GARDEN GLUT SOUP

Try this activity in your staff training to work through the approach taken in the Kitchen Garden Project resources

- ✓ Read through the resource 'How to Make Soup'
- ✓ Study the Running Order and discuss classroom management ideas
- ✓ Make a batch of Garden Glut Soup, practising the Bridge and Claw techniques as appropriate

<https://www.foodforlife.org.uk/portal-kgp-resources/recipe-garden-glut-soup>



What links can you make to growing and seasonality in a lesson on soup (refer to the information sheet on onions and garlic)

<https://www.foodforlife.org.uk/portal-kgp-resources/recipe-onions-and-garlic>

What are the risk factors in making a batch of soup? How will you manage these in the classroom (refer to the Food For Life 'Chicken Soup Risk Assessment' resource)?

<https://www.foodforlife.org.uk/portal/resources/ffl-sample-risk-assessment>



REVIEW WHAT YOU HAVE LEARNT IN THIS SESSION

- 1 Has your confidence level to lead a cooking activity with your class increased?
- 2 Do you feel more confident to teach knife skills?
- 3 Do you have any concerns about teaching this recipe?

Do you require further guidance?

Email jsixsmith@soilassociation.org with specific questions or for more info about further training opportunities.

