

COOKING AND NUTRITION LINKS ACROSS THE CURRICULUM



Subject Area	Opportunities to make links with Cooking and Nutrition
Literacy	Listening to instructions, following instructions, describing tastes and textures, reading menus, writing recipes and menus, creative writing about food
Numeracy	Weighing and measuring, estimation, arrays, fractions, percentages and decimals, timings – preparation and cooking, ratio and proportion, money management and budgeting
Technology	Practical cooking skills, food safety and hygiene, cooking methods, nutrition and health, recipe development, packaging and labeling
Science	Nutrition, food and health – eat well plate, chemical reactions in cooking, function of ingredients, food hygiene, environmental impact of food production, GM foods, food growing
History	Historical recipes, historical cooking methods and equipment, social influences on cooking styles and recipes
RE and Moral Education	Religious food regulations and rules, food in religious celebrations
Geography	Where food comes from, seasonality, farming methods, locally-sourced produce, sustainability
PE	Nutrition and exercise, functions of nutrients in the body, energy balance