

Teaching Cooking Confidently – Primary Training

TIME	ACTIVITY	RESOURCES / TEACHING POINTS
9.15am	<p>Arrival, registration, welcome and introductions.</p> <p>Outline of the day</p> <ul style="list-style-type: none"> • Safe use of knives & equipment • Health & Safety • Classroom Organisation • Curriculum Planning and Curriculum Links <p>Get ready for cooking</p> <ul style="list-style-type: none"> • 6 stage hand washing, aprons, hair, jewellery, nail varnish etc 	<p>Presentation</p> <ul style="list-style-type: none"> • Welcome, slide 1 • Aim and outcomes, slide 2 • Curriculum, 3&4 • FFL whole school approach & key criteria, slide 5 • Rise to the challenge, slide 6 <p>Laminated handwash guidance</p> <p>Anti-bac hand wash, aprons, hair and nail materials</p>
9.30am	<p>Hospitality and Practical Activity 1</p> <p>Open Top Banana Sandwich</p> <ul style="list-style-type: none"> • EYFS suitable recipe • Good for breakfast club/snack/after school club • Skills of spreading and arranging • Use seasonal fruit toppings 	<p>Presentation slide 7</p> <p>Tea, coffee, water</p> <p>Ingredients to make own breakfast snack incl prepared seasonal fruit platter with pineapple.</p> <p>Toaster, kettle, chopping boards, spoons and knives to spread, pineapple corer to dem</p> <p>Laminated recipes x 4</p>
10.00am	<p>Health & Safety in the Cooking Classroom</p> <ul style="list-style-type: none"> • Table coverings and cleaning • Food Hygiene certificate (due diligence) • Food Preparation & Storage (four C's) • Two stage cleaning – high risk equipment • Low, medium and high risk activities and staffing ratios • Food allergies 	<p>Presentation</p> <ul style="list-style-type: none"> • H&S, slide 8 • Managing L/M/H risk activities, slide 9

<p>10.10am</p>	<p>Practical Activity 2 Bread – Low risk cooking for larger groups Skill progression and curriculum links</p> <p>Demonstrate basic bread dough – 225g mix. Participants make batch of dough and leave to prove.</p> <p>Demonstration of recipes to show skill progression –</p> <ul style="list-style-type: none"> • Bread sticks. (KS1) • Focaccia (lower KS2) • Plait (olive, sun dried tomatoes, herbs, parmesan) (upper KS2) <p>Discuss opportunities for pupil choice to encourage creativity.</p> <p>Participants make a flavoured bread roll and a plait each. Leave to prove for 30 mins before baking.</p>	<p>Presentation slide 10 Recipe laminates for: Basic Bread Dough / Bread Rolls Breadsticks Focaccia Spinach and cheese plait</p> <p>Creative tray – seeds, herbs, seasonings etc</p> <p>Gluten-free alternative available, eg Cornbread recipe Highlight Curriculum Links</p>
<p>10.55am</p>	<p>Break</p>	<p>Tea, coffee, water and fruit</p>
<p>11.15am</p>	<p>Knife skills & Equipment demonstration, EYs/Foundation</p> <ul style="list-style-type: none"> • Leek - tear • Banana and satsuma - peel • Cooked new potato and strawberry – bridge with table knife • Chives - pick • Mushroom and broccoli - break <p>KS1</p> <ul style="list-style-type: none"> • Cherry tomato – bridge • Spring onion – claw • Courgette – grate, peel, bridge and claw • Parsley – scissors in jug • Ginger / sweet or new potato – peel/scrape with teaspoon • Lemon – squeeze juice <p>KS2</p> <ul style="list-style-type: none"> • Large tomato for slicing – bridge and claw • Red onion – dice • Apple – core with Parisienne cutter • Carrot and potato – peel • Butternut – large knife teacher prep • Orange – segment • Mint - chiffonade 	<p>Presentation slides 11-15</p> <p>Equipment White trays Knives, peelers, garlic press etc General cutlery (family of spoons) Chopping board Compost bowl Grater, juicer, jug and scissors</p> <p>Veg Leek, new potato, mushroom, broccoli, cherry tom, spring onion, courgette, salad tom, red onion, carrot, baking potato, butternut</p> <p>Fruit Banana, Satsuma, strawberry, root ginger, lemon, apple, orange</p> <p>Herbs Chives, parsley, mint, basil, rosemary</p>

11.40	Bake bread rolls	
11.45am	<p>SET - OUTS</p> <ul style="list-style-type: none"> • Differentiation • Safety • Progression • Classroom organisation • Preparation methods <p>Set-out discussion based around Harvest Vegetable Soup</p> <p>3 set-outs (KS1, Lower KS2 & Upper KS2)</p>	<p>Presentation slides 16 & 17</p> <p>A3 photographs of Set-Outs for Harvest Veg Soup</p>
11.55am	<p>Practical Activity 3</p> <p>Set-out activity in groups, each prepping for KS1 and Upper KS2 to make;</p> <p>Apple, Orange & Celery Salad Rainbow Couscous Tomato & Basil Salad</p> <ul style="list-style-type: none"> • 12 participants in 3 groups of 4. Each group to prepare two set-outs for their recipe. <p>Groups are given laminated recipes to work from. Group feedback / discussion.</p>	<p>Presentation slide 18</p> <p>Change number of recipes made if less than 12 participants attend training.</p>
	Participants keep a check on rolls in ovens – show how to test if baked correctly, remove and place on cooling racks	<p>Cooling racks</p> <p>Paper bread bags</p>
12.15pm	<p>Make Salads</p> <p>Practise bridge and claw techniques</p> <p>Portion each salad into number of participants</p> <p>Refrigerate salads.</p> <p>**If earlier lunch required, make salads in afternoon</p>	<p>Recipe laminates, ingredients and equipment for</p> <p>Apple, Orange and Celery Salad</p> <p>Rainbow Couscous Salad</p> <p>Tomato and Basil Salad</p> <p>Plastic take-away pots</p>
12.45pm	<p>Break for lunch. Participants vacate room.</p> <p>Re-set for afternoon.</p>	School lunch provided

<p>1.30pm</p>	<p>Discussion TACKLING WHOLE CLASS COOKING</p> <p>Logistics of cooking with different sized groups. Ideally 1 – 6 staff / pupil ratio when introducing a new skill or a high-risk activity.</p> <p>What can be done in larger groups?</p> <ul style="list-style-type: none"> • Bread ('cooking by numbers' – watch and copy) • Soups and stir-fries – pupils do prep and teacher cooks it off as dem and class tasting • Recipes that can be prepared in class and baked at home, eg crumbles, fishcakes <p>Ideas Pupils rotate around skills tables in the classroom or work in groups and rotate around the table – minimise use of knives and high-risk elements. Useful equipment, e.g. induction hob, electric Multi-Cooker, halogen oven Make small quantities to fit in oven/fridge</p>	<p>Offer tea, coffee, muffin or biscuit</p> <p>Presentation slide 19</p> <p>Tomato and Basil Salad process cards</p> <p>Induction hob, multi-cooker, halogen cooker</p>
<p>1.40pm</p>	<p>Practical Activity 4</p> <p>Example of whole class cooking with fish</p> <p>Fishy Bites Dem and activity Use 1 small baked potato plus half a can sardines to make 4-8 Fishy Bites. Highlight</p> <ul style="list-style-type: none"> • High risk activity – handling raw eggs • Shaping and forming tips • Pané technique – flour/egg/crumbs • Multi-Cooker or frying pan on induction hob to cook demonstration quantity for tasting. <p>Participants take their fishcakes home to cook.</p>	<p>Presentation slides 20 & 21</p> <p>Fishy Bites recipe laminates Range of canned fish Egg box Metal plates for pané</p> <p>Discuss</p> <ul style="list-style-type: none"> • Importance of fish in a balanced diet • Calcium in bones of sardines • Omega 3 in oily fish, (not in significant quantities in canned tuna) • Vitamin D (Govt suggest we take supplements in winter – try to get more in diet) • Canned sardines 'look like fish' but tuna does not • Economy

2.00pm	<p>Practical Activity 5 Encouraging new tastes – fish Sampling of fishy bites and smoked mackerel pate and crudités</p> <p>Finish off dem of Smoked Mackerel Pate and crudités Demonstration to include commentary on</p> <ul style="list-style-type: none"> • Nutrition • Sustainability – MSC fish to eat / avoid <p>Display/serve Fishy Bites</p> <p>Discuss logistics of tasting activities in a classroom</p> <ul style="list-style-type: none"> • Hygiene • Presentation • Water • Types of testing • Fussy eaters / refusers 	<p>Jug and glasses Paper plates Presentation plates Plastic tokens and jam jar Example record sheets</p> <p>Presentation slide 22</p>
2.30pm	Wash Up. Clean down kitchen area. Remove aprons.	
2.45pm	<p>Supporting Resources FFL Cooking Skills webpage COOK SCHOOL Skills Snippets JOKG recipes via FFL website Skill Up Start Cooking English and Maths packs EYs resource Bee Wilson ‘How to Eat’ USB from course</p>	<p>Presentation slide 23 Hard resources to look at USB stick to take away</p>
3.00pm	Conclusion, Evaluation and Departure	Complete evaluation forms (LPM to manage)