

Cooking in the Curriculum - Top Tips

Choose recipes that are as simple as possible, yet with plenty of scope to inspire the children with new and unfamiliar ingredients and tastes

Make sure you have an up to date allergy list so you can check this before planning. Be prepared to adjust recipes for specific allergies and dietary preferences.

Decide on 1 main reason for choosing a recipe (e.g. seasonal ingredients, using a particular skill, or a link with a curriculum topic or festival)

At your first starting point, use just 1 recipe for all year groups that is nice and simple (we used courgette & cheese muffins). This will help you to assess the levels of ability in each year group for future planning

Work out the quantities of ingredients needed per child and use this to create your own recipe. You can then use this to order your ingredients

Think about what size groups the children will be working in, sometimes we work in 2's or 3's depending on how much equipment we have, how complicated the recipe is and how much time we have to complete it in

Practice if possible - This always gives me a good idea of what equipment is needed, and if the recipe can be simplified in any way.

Check that the sizes of your equipment will work with your recipe quantities

Consider how the children will take the food home - own containers, tin foil, foil tins etc.

Research your ingredients to make sure you know where and how things are grown or produced so that you can talk about them as you work

You can use the same recipes for various year groups but differentiate in the amount of preparation that you do. We weigh and measure most ingredients for yr1 but yr 6 will follow the recipe and weigh & measure themselves.

Demonstrate at the beginning if you can and let the children try some of the food at the end. Then you can have a discussion about the finished result, what was easy or hard and if they like it, don't like it etc.

Talk about what is healthy and relate it to what you are cooking at differing levels for each year group.

Encourage the children to cook the food again at home and provide a recipe for them (we do this online)

Have as many grown up helpers as you can and your space will allow

Consider charging a nominal amount to cover your food costs. We charge £4 per term or £12 per year. Obviously it is important to ensure affordability and accessibility to all.

Make sure the children are involved in the clearing up process and brief them clearly on your expectations

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