

Food central to life at Ravenscliffe High School

At RHS we look at the whole school approach where food in school is not only embedded into cookery lessons, it is also a focus for enterprise groups involved with the 6th Form catering café, luncheon clubs within the community and includes having students work in the main kitchen with the catering team.

With the school being a special needs school it is all about giving the students the best in educational and life skills that we can offer. So one of the areas is working with food from planting seeds and growing some of our own fruit and vegetables, having students harvest them and to use them to cook with and bring them to the kitchen to be used in the school lunch or for the café clubs.

Food and cooking are at the heart of many lessons in school. The importance of eating healthily and knowing how to prepare nutritious meals are essential life skills and our students have the opportunity to learn and practise this frequently. A good example is the Sixth form's Home Management lesson, in which the students shop for ingredients, prepare a large variety of both simple and challenging dishes and then eat together as a 'family unit'. The students thoroughly enjoy this lesson and for those who have aspirations to live independently, this opportunity is invaluable.

Having students work in the kitchen is an area that has worked well giving students life skills and skills that hopefully they will be able to use in the future which will help them possible get work experience and lead to full time paid work.

Not only does it help with students with their life skills but it also inspired other students to want to come and work and serve in the kitchen.