

# Cook-in'-School Training Bristol teachers to teach cookery



**News:** Barny Haughton, founder and teacher at Square Food Foundation, has been working to promote healthy cookery lessons in primary schools for over 25 years, and now, with a good nudge from the National Curriculum, it's happening. Food and cooking in schools is no longer just about cupcakes. Square Food Foundation is collaborating with five teachers from Victoria Park and Knowle Park Primary Schools on a Pilot Programme to empower primary school teachers to teach food and cookery to new National Curriculum standards and to integrate food into the everyday life of the individual school. The pilot aims to create a model for similar work with primary school across Bristol. It's the only way forward. It all starts with food.

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## What's Cooking

### Homemade Pizza Dough

Here's a fail-safe method for great results.

500 grams plain, strong white flour\*

1 teaspoon salt

15 grams dried yeast

about 250 ml warm water

olive oil

Mix all the dry ingredients together in a bowl, add the water & mix well, turn out onto the table and knead in the normal way. Once that soft, smooth, elastic texture has been achieved, knead in a generous slurp of olive oil. Cover and leave to rise until doubled in size. \* Can substitute some rye flour as well.



### Meet our Teachers!

"I'm looking forward to giving the kids creative freedom in cooking"

-Miss Redway, Victoria Park Year 6 teacher

"I do a lot with sports and would like to know more about how nutrition affects our sport." - Mr Keys,

Victoria Park Year 6 teacher

**Food fact:** Rye flour is low in gluten and is good for the digestive system, it contains a great deal of fibre and is a good source of vitamin E, protein and calcium.

*"As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life."*

*-[National Curriculum Design & Technology Key stages 1 & 2, page 4](#)*

*In effect Autumn 2014*