

COOKING CURRICULUM INTENT –  
PARK ASPIRE

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Intent – Implementation – Impact

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## **Primary**

### **Intent**

At Park Aspire we seek to promote positive attitudes and experiences for our pupils. This is no different in cooking. Through our curriculum we aim to inspire and develop their interest in cooking and to prepare our children to engage in the development of a continuously changing world and its resources. It involves children in learning about the world we live in and developing a wide range of preparation and cooking skills to enable them to be independent in the future. Our children learn how to plan, work practically, organise themselves and work with knowledge and practical skills to perform everyday tasks confidently.

### **Implementation**

We aim to implement a practical curriculum to provide skills to equip them for the future. Through revisiting and consolidating skills, we help children build on prior knowledge alongside introducing new skills, knowledge and challenge. Our children have the opportunity to visit places of production, plan meals within a budget, shop for groceries and develop the knowledge to grow their own. Healthy eating, diet and nutrition are covered within the science curriculum and different cultures are explored by making and sharing recipes from around the world.

### **Impact**

We intend for cooking to have a positive impact on all our pupils. We would like all pupils to be able to:

- Understand and apply the principles of a healthy and varied diet.
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.
- Develop an excellent attitude towards learning and independent working.
- Have the ability to use time efficiently and work constructively and productively with others.
- Develop a thorough knowledge of which tools and techniques to use to make their products.
- Have the ability to apply mathematical knowledge and skills accurately.
- Have a passion for the subject.

## Key Stage 3

### Intent

At Park Aspire, we seek to promote positive attitudes and experiences for our pupils. This is more so important in providing children with life skills to enable them to be successful and independent.

In KS3, our food and cooking program aims to provide young individuals with an understanding and admiration of nutrition and healthy eating, as well as a comprehensive knowledge of food. In addition, we strive to foster a passion for cooking. Acquiring the ability to prepare wholesome, flavourful, and affordable meals is an essential life skill that should be taught to everyone.

Park Aspire firmly believes that it is crucial for all students to become self-sufficient, which in turn helps them cultivate personal accountability and drive, while also teaching them to be mindful of the needs of others. Our cooking sessions equip our students with the know-how and experience needed to thrive in life. Ultimately, we want to prepare our pupils with the appropriate skills and deep understanding of this essential skill to better support their next stage in education but also, later in life.

### Implementation

Every student is entitled to a comprehensive and challenging curriculum, and our scheme of work covers many essential areas in the National Curriculum for Food Technology, chosen carefully to meet the needs of our students, whereby they will be taught how to:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- work in a clean and safe manner
- understand the source, seasonality and characteristics of a broad range of ingredients

We will fulfil these aims by teaching lessons through a combination of theory and practical based sessions, both in the classroom environment and in the kitchen.

Within the practical session the pupils will be given the opportunity to cook the dish, practising any targeted individual skills. The pupils will also be able to try the completed dish to widen their awareness of new food.

Teaching across both theoretical and practical sessions will be related to the three main areas of healthy eating, where food comes from, and cooking techniques. Pupils will have opportunities to:

- Name, label, and taste healthy and unhealthy foods



- Learn where individual ingredients come from
- Learn about and practice cooking techniques

### **Impact**

Our cooking curriculum aims to have a significant impact on our students, both in their academic and personal lives. By the end of the program, we expect our students to have an understanding of nutrition and healthy eating habits, enabling them to make informed choices about their diet. They will possess the necessary skills to plan and prepare well-balanced meals, even on a tight budget. Through group cooking activities, they will have learned to work collaboratively, communicate effectively, and manage their time efficiently. Furthermore, our cooking curriculum will equip students with essential life skills, such as food safety and hygiene, which they can apply in a range of settings beyond school. Ultimately, we aim to cultivate a love of cooking and food that will inspire our students to continue experimenting with new recipes and flavours throughout their lives.

We intend for our Cooking sessions to have apposite impact on all students and to be enjoyable and educational. We want each individual to:

- Confidently be able to select and use appropriate equipment within a kitchen environment
- Explain their methods and thinking processes and apply skills in context
- Know how to find recipes and source ingredients
- Have a small repertoire of easy go-to recipes that they feel confident cooking for themselves at home
- Feel confident using kitchen equipment and apply learnt skills in their kitchens at home
- Demonstrate they can work safely and sensibly using equipment which may have the potential to cause harm when used irresponsibly
- Become independent, well-rounded individuals who are able to make their own healthy choices
- Leave the school with the confidence and skills to make cook for themselves, self-evaluate and make healthy lifelong choices.