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# Food for Life Curriculum Pack

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## Topic 4: Can we learn how to cook and enjoy a wider range of food?

The key point here is to get pupils really excited about food. The range of possible activities will depend on the facilities available in school, and the willingness of parents and local chefs to come and volunteer their time.

A detailed plan is given below for the competition to create a special school menu. The following pages contain ideas for other activities. We haven't split this section by key stage, as we think that children of all ages could try these activities and challenges. If this is a whole school project, why not get older children to work with younger ones on some of the activities?

### Activities for key stage one & two.

Activity 1: Can we create a special school menu?

Activity 2: Does good food taste better?

Activity 3: Design and make bread

Activity 4: A cookery demonstration

Activity 5: A tasting session

Activity 6: A teachers' *Ready Steady Cook*

## Activity 1: Can we create a special school menu?

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### Curriculum links

Key stage1 D&T 5c PSHE 2h, 3a

Key stage2 D&T 5c PSHE 3a

### Objectives

- To challenge children to design meals that are both healthy and tasty
- To encourage whole school participation in decisions about food provision.

### Resources

1. Recipe books with photos that the children can browse through.
2. Examples of unusual ingredients that children could include in their menus.

### What to do

Announce to the children that they are invited to participate in a school menu competition. This could be in assembly or perhaps with posters around the school. Try to create excitement about the event with the pupils given a week to submit their entries.

The menu should be designed for the school canteen. Pupils could design a main course and pudding that represent a balanced meal (containing all the food groups). Give them plenty of opportunities to look at recipe books, discuss their ideas with you and each other, and perhaps investigate some less common ingredients that they could use for their menu, for example okra, sweet potatoes or tofu.

Key stage one pupils could draw their menu and think of names for the dishes. Key stage two pupils should list all the ingredients, give details of the recipe, draw a picture of the food and think of imaginative names for each of the dishes.

Remind the children that the cooking method is as important as the ingredient. Plain boiled vegetables are pretty dull. But a tray of vegetables such as carrots, cherry tomatoes, mushrooms, new potatoes and squash roasted in olive oil is delicious! Meals like moussaka, lasagne, stews and curries are packed full of vegetables and are very tasty.

It would be great to have a judging panel with a local chef, and perhaps a well known local celebrity. Winners could then be announced in assembly and if at all possible the winning menus (one from each key stage) could be made in the school canteen for all the children to try.

## Activity 1: Can we create a special school menu? continued

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### Teachers' notes

Schemes that encourage practical food education in primary and secondary schools include the following:

Focus on Food scheme is run by the Royal Society for the Arts and Waitrose. Joining Focus on Food entitles teachers to the *Cook School* magazine. This is an excellent resource with recipes, featured foods and ideas for school events. Each year there is a Focus on Food Week. In 2003 the focus was on traditional British cooking and included the Tastebud Challenge. Go to [www.waitrose.com/focusonfood](http://www.waitrose.com/focusonfood)

The D&T Week Food Challenge runs in association with Sainsbury's Taste of Success award scheme. The resources are free and challenges include making a fruit smoothie, a potato monster, a healthy burger. Schools can either register at: [www.data.org.uk/primary/foodawards](http://www.data.org.uk/primary/foodawards) or go to [www.j-sainsbury.co.uk/tasteofsuccess](http://www.j-sainsbury.co.uk/tasteofsuccess) to find out more.

## **Activity 2: Does good food taste better?**

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Carry out taste tests comparing processed foods and more natural ones. Examples would be: cheap supermarket burgers and ones made from just beef, eggs, flour and natural seasoning; processed yoghurts compared with natural yoghurt with fresh fruit added; fresh, local organic carrots and tinned carrots. Ask the children to draw up a scoring method, and to describe what they can taste, using descriptive vocabulary.

## **Activity 3: Design and make bread**

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Bring in a range of speciality breads for the children to try. Challenge them to design their own. An excellent resource for this would be the following two posters available from the British Nutrition Foundation: 'Design and make bread' and 'How is bread made?' Go to [www.nutrition.org.uk](http://www.nutrition.org.uk). The first poster is particularly useful as it provides children with a step by step guide for extra ingredients they can add to make their own personalised bread. You will obviously have to set some parameters for ingredients that can be included! The pupils should write a full recipe, and could then make their own bread. More ideas are available from the Food Forum. Go to [www.foodforum.org.uk](http://www.foodforum.org.uk) and then click on 'curriculum matters' and 'Bringing baking to life'.

## **Activity 4: A cookery demonstration.**

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Invite a local chef into school to make something really tasty from healthy, local produce. Children could then be given the recipe and try to make it themselves at home. You can contact the Academy for Culinary Arts and get involved in their adopt a school scheme. Go to [www.academyofculinaryarts.org.uk/training](http://www.academyofculinaryarts.org.uk/training)

## **Activity 5: A tasting session**

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Children could try a range of local and exotic fruit, a regional dish or a selection of ethnic food and record their likes/dislikes. Parents may be able to bring in dishes to try, and local grocers or supermarkets might give some samples of fruit for free. Schools within a Waitrose trading area can register for the Food Explorers initiative. Registration entitles schools to a Fruit Starter Kit. Go to [www.waitrose.com/foodexplorers](http://www.waitrose.com/foodexplorers)

## **Activity 6: A teachers' *Ready Steady Cook*.**

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Two teachers are presented with ingredients in assembly and have to prepare a meal for the next day/after lunch which a couple of children could try and judge. The pupils could then vote! The ingredients could be the contents of an organic vegetable box. Go to [www.soilassociation.org](http://www.soilassociation.org) and choose the 'Organic Directory' for the nearest supplier.