👩‍🍳 Cooking and Nutrition at Great Arley School

Cooking and Nutrition at Great Arley School is an exciting and practical area of the curriculum. We aim to deliver inspiring, hands-on learning that builds essential life skills, supports independence, and fosters healthy living.

🎯 Our Curriculum Intent

At the heart of our Cooking and Nutrition curriculum is a commitment to:

- **Creating a Safe and Inclusive Environment**
  We provide a secure, supportive space where students feel confident to explore, express themselves, and take pride in caring for their environment.
- **Teaching Real-Life Skills**
  Students gain practical kitchen skills they can apply at home and in daily life.
- **Encouraging Active Participation**
  Pupils contribute to school life by helping prepare food for lunches, snacks, and special events.
- **Promoting Hygiene and Safety**
  Personal hygiene and safe use of kitchen tools are taught and reinforced in every lesson.
- **Raising Nutritional Awareness**
  Students learn about healthy eating and how dietary choices affect overall wellbeing.
- **Providing Responsive Teaching and Feedback**
  Lessons are interactive, with ongoing verbal feedback to build students' confidence, independence, and competence.
- **Delivering High-Quality Results**
  Students work towards creating delicious, high-quality dishes through guided practice, observation, and evaluation.
- **Building Language and Terminology**
  Correct use of culinary terms and safe handling of kitchen equipment are embedded in every unit.
- **Creating Fun and Engaging Lessons**
  We make food education enjoyable, creative, and meaningful.
- **Linking Learning Across the Curriculum**
  Lessons incorporate skills from literacy, numeracy, science, and PSHE to reinforce learning across subjects.

- **Encouraging Lifelong Healthy Habits**
  Students are empowered to apply nutritional knowledge to their own lifestyles.

📚 Curriculum Overview

The cooking and nutrition curriculum is designed to provide a clear pathway of progression from Early years, Key Stage 1 through to Key Stage 4. It is adapted to suit the diverse needs of our learners and supports meaningful, practical learning across all phases.

- **Primary Red:** Students follow the semi-formal Equals curriculum for Cooking and Nutrition. Learning is practical and hands-on, with opportunities to explore ingredients, take part in simple food preparation, and enjoy tasting different foods.

- **Primary Yellow:** Students follow the formal Equals curriculum for Cooking and Nutrition. Pupils build skills gradually, learning how to follow simple steps in preparing food and beginning to understand healthy choices.

- **Primary Blue:** Students also follow the formal Equals curriculum for Cooking and Nutrition. Pupils are encouraged to follow instructions, make choices, and complete straightforward cooking activities with growing independence.

- **Key Stage 3:** Students build on their earlier experiences with content drawn from KS1 and KS2 National Curriculum objectives.

- **Key Stage 4:** Pupils who chose to study cooking and nutrition will study the ASDAN short course Foodwise. Students will develop transferable skills in food safety, food hygiene and practical cooking skills.

Our long-term curriculum plan ensures:

- Clear coverage of skills across key stages
- Steady progression in both practical and conceptual understanding
- A blend of **substantive knowledge** (key facts) and **disciplinary knowledge** (skills and processes)
- Preparation for **independent adult life** and future opportunities
- Pupils are well-rounded, capable and confident students

🛠️ Skills and Knowledge Students Develop

Through Cooking and Nutrition, students gain:

- An understanding of **nutrition and healthy eating**
- Confidence in preparing a **variety of savoury dishes**
- Skills in:
    - Ingredient selection and preparation
    - Safe use of utensils and electrical equipment
    - Applying heat in different ways
    - Using taste, texture, and smell to season and combine ingredients
    - Adapting recipes and creating their own
- Knowledge of **multicultural cuisines**
- Understanding of **seasonality**, **ingredient sourcing**, and **food origins**

🌍 Careers and Cross-Curricular Connections

Cooking and Nutrition lessons include:

- **Career links** through Gatsby **Benchmark 4**:
    - Creative Careers Week
    - Employer engagement
    - Visits to supermarkets
    - Exploration of careers in the food industry
- Integration with:
    - Science (nutrition and chemistry of food)
    - Maths (measuring, timing, ratios)
    - PSHE (personal hygiene, wellbeing, responsibility)
    - English (following instructions, food vocabulary)