



Thistly Meadow Primary School

COOKING AND NUTRITION POLICY

Approved by Governors (date)

Signed on behalf of the Governing Body

Chair of Governors

COOKING AND NUTRITION POLICY

(Part of the Design and Technology Policy)

Rationale

Cooking is a crucial life skill that enables pupils* to feed themselves and others affordably and well, now and into adulthood. Learning to apply the principles of nutrition and healthy eating will enhance pupils' health and wellbeing for the rest of their lives. Instilling a love of cooking will also open a door to one of the great expressions of human creativity.

**All pupils* (irrespective of race and gender) includes the following groups – LAC, D/SEN, Disadvantaged/Pupil Premium, G&T, EAL and other vulnerable groups such as new arrivals and hard to reach families. Activities will be modified as necessary to allow full access to the 'Cooking and Nutrition' curriculum.

Purpose

Through 'Cooking and Nutrition' we aim to ensure that all pupils:

- achieve and enjoy
- understand and apply the principles of nutrition and learn how to cook
- learn where food comes from and some of the processes it goes through
- stay healthy by making informed choices about what to eat
- stay safe by following hygiene and safety guidelines when preparing food
- use and apply key knowledge and skills from across the curriculum, such as
 - English – speaking and listening, reading and writing
 - maths – calculating, practical measuring, shape
- embrace the principles of SMSC and British values
 - appreciate the essential role of food production, cooking and nutrition in the wider world.
 - ask questions about the development of new food technologies and how they may affect our lives
 - share materials fairly with other pupils
 - avoid waste
 - co-operate and collaborate as part of a team

Guidelines

Well planned and skill based lessons are taught to all year groups throughout the year and allow all pupils to reach their full potential, including appropriate differentiation through task, success criteria, outcome or level of support. Key curriculum knowledge and skills will be used and developed. Homework opportunities linked to cooking will be provided and where necessary pupils will be supported to complete it. The Healthy Schools Co-ordinator will support the Cooking LSA by providing practical leadership and direction, organising staff INSET/CPD and keeping them up to date with any new developments.

Cooking and nutrition in the Foundation Stage

Foundation stage pupils follow a rich and varied curriculum linked to seven areas of learning. Children have the opportunity to explore a range of foods using all their senses. They will start to learn what constitutes a healthy diet and where food comes from. Children will be given the opportunity to prepare a variety of dishes, carrying out age appropriate tasks in small supervised groups.

Cooking and nutrition in KS1

Pupils should be taught to:

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from
- the key skills of food preparation for their age range

Cooking and nutrition in KS2

Pupils should be taught 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

Health and safety in Cooking and Nutrition

Staff and children are expected to consider the safety of everyone at all times. Relevant sections of the school's Health and Safety Policy together with BS 4163:2014 (Health and safety for design and technology in educational and similar establishments - code of practice) are referred to as necessary.

Staff will risk assess food preparation activities at the point of planning and will continue to monitor with regard to health and safety issues as the lesson unfolds.

More specifically, staff must ensure that:

- relevant safety instructions are given to pupils each time they undertake a practical food preparation activity
- pupils are given suitable instruction on the use of any tools and equipment
- the adult to child ratio is appropriate to the activity and that children are supervised at all times
- pupils are taught to recognise and consider hazards and risks and to take action to control these risks, having followed simple instructions
- food preparation equipment is not left out unsupervised
- surfaces are kept clean and tidy
- tools used are in good condition and stored safely
- the appropriate tool is used for each task
- good practice for the use of specific tools is adhered to (e.g. sharp tools such as knives and graters should only be used under close adult supervision and children must not be allowed to wander around the classroom with such tools.)

- any process involving heat (e.g. using a hob, oven, grill, microwave or toaster) is carried out (or closely supervised in the case of older children) by an adult
- good hygiene practice must be followed to ensure all food used is safe to eat

Planning/Assessment/Monitoring and review

The Cooking and Nutrition curriculum map is designed to ensure full coverage of the National Curriculum (enhanced by Food for Life Partnership's comprehensive skills grid) across the school. Each year group has a set of plans outlining key skills that link directly to this map. Ongoing, informal formative assessment allows lessons to be tailored to individual needs as well as informing future planning. Summative assessments are made by the class teacher near the end of the year using the Design and Technology symphony sheets. Pupils are assessed, against age related expectations, as either: emerging (B), expected (S) or exceeding expectations (S+). This data is analysed by the Design and Technology subject leader and is used to drive improvement in all areas of D&T. It also forms the basis of the annual subject report. Parents are kept informed about progress and attainment via parent's evening in the autumn and spring terms and a written report at the end of the year.

Extra-curricular activities/enrichment

We aim to provide as many cooking and food based enrichment opportunities as possible. These include a gardening club, a cooking club run by the school cook, farm visits, an annual event linked to food – e.g. The Great Thistly Bake Off and a School Council. We have achieved the 'Food for Life' Partnership Bronze award which aims to involve the whole school and the wider community in making healthy food choices and understanding where food comes from and are in the process of working towards our Silver award.

Version	Date	Comment
V1	Date created: 29/2/2016 Review date: Feb 2019	A Gordon