

Delivering cooking sessions in curriculum time webinar



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Eatwell Project Introduction

- ▶ Niki Andrews- Eatwell Project Lead
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- ▶ The Eatwell Project
- ▶ Since 2016 The Eatwell project has been part of Let's Dine which delivers school lunches to most of the primary and special schools and some secondary schools in the borough of Telford & Wrekin. The Eatwell project not only supports schools but the community as well, this is funded by Family Hubs.

Delivering cooking sessions in the curriculum



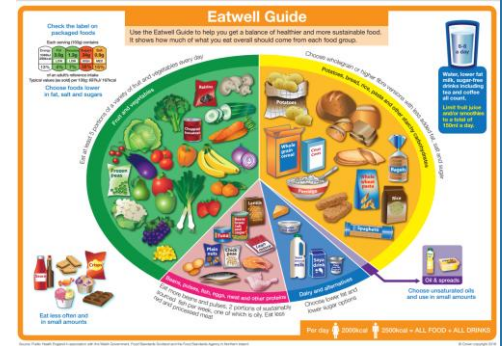
As part of the national curriculum, it is expected that you give pupils the opportunity to prepare and cook (savoury) dishes.



This session will outline some key tips and recipe options that you could use in your lessons.

Learning Outcomes of Cooking with Children

- ▶ Encourage healthy eating habits - Plan balanced meals and snacks using the Eatwell Guide
- ▶ Read and understand food labels – Use traffic light labelling
- ▶ Understanding the origin of food – Farm to fork
- ▶ Teach practical life skills – Cutting, grating, knife and food safety etc.
- ▶ Helps with mathematics (measuring), science (melting and mixing), literacy (reading recipes), fine motor skills, cultural education and inclusion.
- ▶ Build confidence and independence
- ▶ Promote creativity and teamwork
- ▶ Awareness of what foods are in season, but being aware that alternatives are still healthy (frozen, tinned & dried)
- ▶ Sample new foods with their peers
- ▶ To have fun!



Top Tip: Find out what the children hope to achieve by taking part - Maybe use a post-it board?

Cooking and nutrition

- ▶ Department of Education programmes for study for key stages 1 & 2 (page 4):

Cooking and nutrition

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.

Pupils should be taught to:

Key stage 1

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

Key stage 2

- 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.



Source:
National Curriculum -
Design and technology
key stages 1 to 2

Training Opportunities:

T&W Ollie Online Learning Portal:

- ▶ **E-learning:** Food safety (Level 1 & 2) and Nutritional awareness for those working with Children
- ▶ **Seminar:** Risk assessment for schools.
- ▶ **Food Standards Agency Food allergy and intolerance** online training: [Home | FSA Food Allergy Training](#)
- ▶ **Schools Health & Wellbeing webinar series (The Eatwell guide, Sugar awareness & Tips on setting up an afterschool cooking club webinars)** [Schools Health & Wellbeing webinar series 2025/2026 –](#)
- ▶ **EYFS Nutrition Guidance:** [Early Years Foundation Stage nutrition guidance](#)
- ▶ **School Food Standards:** [School-Food-Standards-Guidance-FINAL-V3.pdf](#)
- ▶ **Refreshing DfE School Food Standards** – currently in consultation until 12th June 2026



Egg Fried Rice




Serves 2

- 1 tablespoon sunflower oil
- 250g microwavable rice, brown if possible
- 1/4 red pepper, finely chopped
- 1 small carrot, peeled and chopped small
- 60g frozen peas
- 60g sweetcorn
- 1 **egg**, beaten
- 2 spring onions, chopped small
- 1 tablespoon light **soy** sauce
- Small pinch black pepper



Tick the allergens which are in this dish				
 Dairy	 Cereals containing gluten	 Crustaceans	 Eggs	
 Fish	 Legums	 Milk	 Nuts	 Mustard
 Molluscs	 Peanuts	 Soybean seeds	 Sesame	 Sulphur Dioxide

All items in **bold** are known allergens. The allergens stated are for ingredients used in this session. If you are buying the ingredients for this recipe please check the packaging for individual allergens as they may differ from those used today. If you require further information please refer to the Food Standards Agency.

Reviewed by the Eatwell Team on 17/12/24

Running the Cooking Sessions Smoothly

Health and Safety Equipment:

- ▶ Hand soap
- ▶ Hand sanitiser (allergies)
- ▶ Paper towels
- ▶ Antibacterial spray and jay cloths
- ▶ Washing up liquid/dishwasher tablets
- ▶ Aprons
- ▶ Tea towels
- ▶ Oven gloves
- ▶ First aid kit and if there is a qualified first aider on-site?

Classroom Essentials:

- ▶ Sink access with hot (hot enough to wash up with, or alternatives) and cold (potable) water
- ▶ Suitable portable tables or clean workspaces at the correct height for children
- ▶ Plenty of working sockets and power extension leads where appropriate
- ▶ Rubbish bins (lidded if possible)
- ▶ Non-cook recipes if hobs and ovens are not available e.g. hummus, salads, sandwiches etc.

Top Tips

- ▶ Plan sessions in advance and understand objectives.
- ▶ Allow plenty of time to source the ingredients, particularly with allergies or special diets
- ▶ Choose foods that are lower in fat, sugar and salt where possible. Try to opt for foods that are in season
- ▶ Avoid recipes that use expensive ingredients or are complicated.
- ▶ Using vegetarian ingredients for less cross-contamination.
- ▶ Collect allergy and dietary information in advance.
- ▶ Plan adaptable recipes (e.g. gluten-free wraps, dairy-free cheese).
- ▶ Keep allergens stored separately.
- ▶ Prepare ingredients beforehand. Pre-chop tricky ingredients.
- ▶ Layout equipment at each workstation. Have bowls, utensils etc. ready.
- ▶ Reinforce safety rules every session.
- ▶ Keep knives sharp and securely stored while not in use.
- ▶ Run activities that develop co-operation and teamwork.
- ▶ Display visual instructions.
- ▶ Allow time for tasting and evaluating in class.

Skills to Teach:

- ▶ Washing and preparing ingredients
- ▶ Safe cutting (the Bridge Hold & Claw Grip), peeling and grating techniques
- ▶ Measuring and weighing food
- ▶ Mixing and kneading
- ▶ Basic cooking methods (baking, boiling)
- ▶ Cleaning and food hygiene (including handwashing)
- ▶ Teamwork and sharing tasks

Cooking and nutrition - KS2 Design and Technology - BBC Bitesize



Measuring different ingredients

Discover the best piece of equipment to measure different ingredients.



Slicing and cutting safely

Learn how to slice foods safely using the bridge hold, claw grip and fork secure method.



Peeling and grating safely

Learn what peelers and graters are, what types of food they are used for and how to use them safely in the kitchen.



Cooking safely with heat

Find out about the different types of kitchen appliances that use heat and learn how to use them safely.

Peeling and grating safely - KS2 - BBC Bitesize

Recipe Ideas

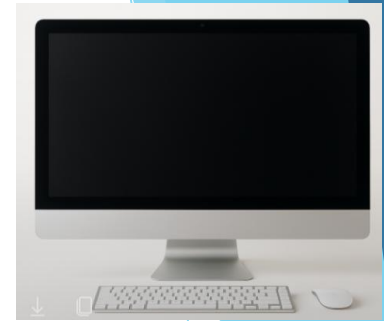
- ▶ Choose recipes that match the abilities of your children and the equipment and facilities available at school. Identify where these recipes fit within the Eatwell Guide.
- ▶ **Simple ideas:**
- ▶ **Sandwiches** – practising spreading & chopping skills
- ▶ **Coleslaw** – using grating, chopping & combining skills
- ▶ **Fruit Salad** – using chopping & combining skills
- ▶ **Hummus or tzatziki with vegetable crudites** – measuring, chopping, blending & combining skills
- ▶ **A colourful salad** – chopping & combining
- ▶ **Ideas building on basic skills:**
- ▶ **Soups/Chickpea Spinach and Mushroom Curry/Chow mein** - hob work
- ▶ **Vegetable kebabs** – chopping & threading safely
- ▶ **Bread** – weighing & measuring, kneading, proving, shaping & baking
- ▶ **Scones** – sieving, rubbing-in, combining, rolling out, cutting & baking
- ▶ **Fish fingers** – dusting, dipping & coating
- ▶ **Pizza muffins** – measuring, combining & sharing equally
- ▶ If you require any recipes, the Eatwell Team have a large bank of these. Please use the e-mails provided to contact us.

Other things to consider

- ▶ Growing fruit and vegetables at school and cooking with them. Even something simple like herbs or cress.
- ▶ Using community orchards and allotments to source ingredients.
- ▶ Food that's in season – consider food miles.
- ▶ Recycling – Are you going to recycle your packaging?
- ▶ Food waste – Peelings, cores etc. What are you going to do with these?



Links to Online Resources:



- ▶ BBC Bitesize: Cooking and nutrition - KS2 Design and Technology - BBC Bitesize
- ▶ Food A Fact Of Life: Free education resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating, and teacher training. - Food A Fact Of Life
- ▶ GOV.UK- The Eatwell Guide: Eatwell Guide
- ▶ Phunky Foods: Phunky Foods - Healthy Lifestyle Curriculum Activities
- ▶ School Food Plan: Cooking in the curriculum - School Food PlanSchool Food Plan
- ▶ School Zone from Better Health: School food standards: resources for schools - GOV.UK
- ▶ Vegpower: Veg Power



Thank you

Let's get cooking!



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