



## Cooking in the Classroom

with YORK Cookery School and York Edible Schools.

June 14<sup>th</sup> 2017, 4pm - 5:30pm. £65 per teacher.

YORK Cookery School, York Eco Business Centre, Amy Johnson Way, Clifton Moor, York, YO30 4AG

This course is intended to support teachers develop the skills and confidence to cook with their class in accordance with the 2014 National Curriculum. If you would like to participate, please book and reserve your place by going to [www.yorkcookeryschool.com/cooking-in-the-classroom/](http://www.yorkcookeryschool.com/cooking-in-the-classroom/) or by contacting Kate Clarkson by email at [kate@yorkcookeryschool.com](mailto:kate@yorkcookeryschool.com) or by phone on 07791 701374.

Through expert instruction from tutors at YORK Cookery School, teachers will be introduced to *methods of teaching children* basic cookery techniques.

Through the support of York Edible Schools, teachers will explore how *one cookery lesson can lead to further learning* and exploration.

Below is a summary of what will be explored during this 90 minute session. Further details and resources will be provided upon attendance at the session.

### Cookery techniques:

#### Knife skills and handling

Other basic food preparation skills such as using a can opener and grating

Frying, 'sweating', simmering, boiling, roasting plus others

Following and understanding a recipe along with understanding timing and its importance

Food hygiene whilst cooking and safety in the kitchen

<p><b>Maths</b> Measuring ingredients and time. Estimating quantities. Calculating costs and nutrition.</p>	<p><b>Literacy</b> Comprehension of Non-Fictional texts. Asking questions to check understanding.</p>	<p><b>Science</b> Working scientifically. Properties and changes of materials.</p>
<p><b>Geography</b> Understand key aspects of economic activity including trade links and the distribution of food.</p>	<p><b>Ragu 5 Ways</b> Bolognese Cannelloni Lasagne Chilli con Carne Loaded Nachos</p>	<p><b>Languages</b> A little bit of Italian and Spanish!</p>
<p><b>Design and Technology - Cooking and Nutrition</b></p>		
<p>Understand the principles of a healthy diet.</p>	<p>Prepare and cook a savoury dish using a range of cookery techniques.</p>	<p>Understand seasonality, where food comes from and how it is grown, caught, reared and processed.</p>



We are grateful to the support from the **York Vikings Rotary Club** for funding an optional further course to explore **Food Safety and Hygiene** in more detail. This is an additional 2-3 hour City and Guilds Level 2 accredited online **training course** and is available (for free) to all teachers to attend 'Cooking in the Classroom'.