



Developing a cooking and growing programme in Jersey schools

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Developing the Pilot



- Head teachers meeting with Caring Cooks
- ½ day planning session for class teachers
- Roll out of cooking sessions + in class sessions to research and learn about ingredients or cultural information relating to the dish.
- Gardening advice, additional planters and areas provided to grow fruit and vegetables with the children.
- Start and end Q&A of the children and parents.



Whole School



- National Curriculum (Yr1 – Yr6)
- Time given for In Service Training to all staff
- Display board and recipes provided for children, parents and staff to take home.
- Even more planters provided to increase amount that children can grow.
- Assessment information shared with class teachers to feed into progress tracking for each pupil.
- Involvement in whole school events (PTA fayre)
- Start and finish Q&A survey for children and parents.



Impact

KS1 Y1,2 Cooking N...	KS1 Y1,2 Cooking N...
Cooking and Nutrition: Use the basic principles of a healthy and varied diet to prepare dishes.	Cooking and Nutrition: Understand where food comes from.

KS2 Y3,4,5,6 Cooki...	KS2 Y3,4,5,6 Cooki...	KS2 Y3,4,5,6 Cooki...
Cooking and Nutrition: Understand and apply the principles of a healthy and varied diet.	Cooking and Nutrition: Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.	Cooking and Nutrition: Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

1. What is a recipe?

2018/46	It tells you ingredients, equipment and method
2018/46	We learnt about this last year
2018/46	Tells you what to do
2018/46	Tells you what ingredients to get
2018/46	Basically tells you what you need to make things
2018/46	Tells you things like vegetables you need

2. What are healthy foods?

3. What foods form a healthy meal? (Eat Well Plate)

2018/46	Tomato soup, cucumber and broccoli. I know about carbohydrates on the Eat well plate
2018/46	Tomatoes cucumber and lettuce
2018/46	Soup peas and chicken. I know about dairy on the Eat well plate. You can have a sweet for desert
2018/46	Tomatoes and pasta
2018/46	Spinach, pasta, Salmon and salad. You can have a tiny bit of oil
2018/46	Tomatoes cucumber and peas

6. What skills have you learnt?

2018/46	Standing sideways to do the bridge method
2018/46	Knife skills
2018/46	Grating can be dangerous
2018/46	Bridge cut
2018/46	Grating can cut your finger
2018/46	Claw grip

8. I have learnt skills for English and maths – do you agree?

2018/46	Helped me with fractions, knowing to cut half the cheese
2018/46	Where milk and vegetables come from
2018/46	Spellings when we write with Rachael
2018/46	Weighing helped me
2018/46	Weighing

Other comments:

2018/46	It has been such fun, Rachel has taught us so much
2018/46	I want to do it again as I like making stuff every time
2018/46	It is very exciting, like using a knife
2018/46	Really exciting, I want to do it again
2018/46	We learnt so much
2018/46	It was good