

COOK SCHOOL. Teacher lesson guide INTRODUCTION

Welcome to Cook School, an exciting community, it's really good to have you on the team!

Cook School teaches children and students life skills, helps them to gain independence in the kitchen and shows children how much fun cooking really is. The Cook School community encourages teachers and children to share their ideas and inspire each other. If you have recipe ideas, we'd love to hear them. If children in your class have ideas, please let us know these too.

The recipes are suitable for the children's developmental stage to make themselves, with very little adult help. You will only need to help if they really need you to.

Praise & fun:

Please praise the children as much as possible! They need encouragement and reassurance that they are doing a good job. This is not about making perfect food, it's about making good food to enjoy with family and friends.

Repeat cook:

Our goal is to encourage children to cook their new recipe at home. Please remind the children that if they repeat cook the food at home and send us their photos, we will put these photos on the website cookschool.club. At home, they must always ask an adult if using the top of a stove or oven. They can email their pics to us at info@cookschool.club or put them straight on the website.

ADMIN:

Clubs for schools:

The main Cook School teacher - please log in to Clubs for schools <https://www.clubsforschools.org> and register as the teacher for your class. You will then be able to access the register, all the details you need are on there, parents' mobiles and children's allergies or special needs. Please do not go the class without this information.

Register: Please make sure that you sign the children into your class and that you sign them out as you hand each child over to a parent or guardian. Please remember that the children are Cook School's responsibility during this time (not the school's) so it's up to us to make sure that they're safe and that they only leave our care when we are happy that they're with their parent or guardian, thanks.

DBS - always take your DBS with you and proof of your ID e.g. driving licence.

First aid kit:

Please make sure that you take a first aid kit with you each week, we need to provide this, not the school (or community center). Please buy one and send us the receipt.

Containers & stickers:

Please buy stickers for the children's names and use until you are confident that you know the children.

Food & receipts:

For those of you who are not part of the Abel & Cole trial, please pick up enough ingredients for four groups, go to any supermarket of your choice. Send Karen the receipt and we will reimburse you.

Photography permission forms: please ask parents to sign the photography permission so that we can use photos of the children on the website.

ALSO PLEASE ask the children to send us their photos and ideas to share on the site!

BEFORE CLASS

- Turn the OVENS on and check position of racks inside the oven
- Push the tables together so that all the children are around one table, to enable you to see all of them at once - this is optional, do whatever you feel is right, work around a couple of tables if easier.
- Pack the chairs from around these tables away to make it easier to move around
- Put four sets of all the equipment ready on the tables
- Put ingredients on the tables too - make sure each group has all of the ingredients ready for them to weigh
- Put a pile of aprons ready

LESSON PLAN

- Take the register
- Ask the children to put their coats and bags to one side
- Work in four groups of three. It is good to mix slightly older children with younger children so that they can help each other
- Ask if anyone wants to use the loo before starting
- Make sure they wash their hands
- Let them each take an apron, you may need to help some of them to tie them

- Use stickers for the children's names and stick on their aprons
- Tie up children's hair if necessary

Please move the groups around each week so that the children have the chance to work with different children and make new friends.

SET OUT THE COOK SCHOOL RULES:

- They must not go near the oven or touch knives, graters or scissors (anything sharp) without an adult watching them
- NO child must use scissors or graters or knives WITHOUT A TEACHER*
- Explain to the children not to touch the equipment or ingredients at the beginning
- They must wash their hands afterwards if they go to the loo during class
- Treat everyone how you would want them to treat you, teach the children to be kind.
- NO running in the kitchen

When these rules are in place, it's easier to keep safe and have fun in the kitchen.

- PLEASE ASK A CHILD TO READ A STEP OF THE RECIPE out loud to the whole class, then let the children follow this step. Then go to another child to read the next step and continue like this.
- Then let them get going, try to explain each step before they do it
- Please praise them - you are their role model, please tell them how well they're doing and how good their food is.
- Encourage good turn taking, each child needs to have a go at each step

Notebook - Please keep your notebook ready and write down any feedback about the week's lesson from the children

Things to discuss in class:

Why do we need to do e.g. peel these potatoes before we eat them?
Have you ever tried this e.g. carrot before?

