



SCHOOL WORKSHOPS

Your class could be starting out on a brand new topic or they could be at the end of the topic and you'd like to consolidate their learning. Maybe you just want to treat them for all their hard work and good behaviour! We have lots of cooking activity workshops designed to whet your appetite and we can also tailor sessions to suit the needs of your curriculum, or to take advantage of topical issues or events. For more details please call us on 07976 619 648 or email hale@kiddycook.co.uk

SCIENCE WORKSHOPS USING FOOD AS THE BASIS

The kitchen is a great experimental laboratory and we've got some thrilling interactive workshops for your young scientists with food as the basis. From bread bubble bombs and exploding rockets to show students how carbon dioxide make their cakes grow to endothermic and exothermic reactions that are at work when we make ice cream in a plastic bag.

FABULOUS FOAMS

Demonstrate the physical science behind foams; mixtures of air and liquid.

MAGICAL MILK

Learn about the structure of milk, and how different physical or chemical changes can convert it into everyday foods.

FUELLING UP: FOOD ENERGY

Find out about the energy-giving macronutrients in foods, how to spot them and cook them.

SWEET SCIENCE

Discover how science helps to create some of your favourite sweet treats!

BAKE OFF!

Learn about the science behind baking, and create your own baked treats to take home!

MARVELLOUS MICROBES

Learn about micro-organisms, and how they can be good as well as bad for us in cooking.

SUPER CEREALS

Use foods that come from cereals (corn, wheat, and oats) to demonstrate properties of materials, mixtures, chemical change, and magnetism.

FANTASTIC FRUITS

Use fruits to learn about different parts of plants and plant reproduction. Observe the physical and chemical properties of different fruits. Learn how to set fruits in jellies and jams.

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VERSATILE VEGETABLES

Use experiments with vegetables to demonstrate how chemical reactions are caused by combining two different substances, and that the changes from chemical reactions are typically *irreversible*.

EGGSTROADINARY!

Using egg cooking to demonstrate physical properties of liquids and solids, and to show chemical change.

WEIRD WATER

Demonstrate mixtures using water: show how some substances dissolve and others don't, and that mixing is normally a reversible change: a mixture can be separated into its component parts.

10 WEEK FOOD FOUNDATION COURSE (Years 3 & 4)

WEEK ONE – HYGEINE: We'll teach the children about germs, hand washing and food storage. They will undergo practical activities to reinforce and cement their learning, such as using plasticine to show how germs spread and an experiment to find out the best way to wash hands. They will then make a seasonal recipe to take home and cook.

WEEK TWO – USING EQUIPMENT: We'll be using a range of basic tools safely to include a knife, a vegetable peeler, a chopper and a grater to cut, peel, chop and grate a variety of vegetables which we'll evaluate with regards to taste and texture. Do we prefer grated carrot or chopped carrot? Do they taste any different? Which method works best if we make a coleslaw?

WEEK THREE – COOKING TECHNIQUES: We'll introduce the children to a range of cooking techniques and they'll soon get the hang of beating, whisking, folding and creaming when we make a basic Victoria sponge which the children will take home and cook.

WEEK FOUR – THE EATWELL PLATE: This workshop has been developed to enable pupils to start to apply their understanding of healthy eating in accordance with the Eatwell plate, and we'll be preparing our very own Eatwell pizza to take home and cook.

WEEK FIVE – SUGAR SHOCKER: Children will learn about the amount of sugar in common food and drinks in order to make healthier food choices when it comes to snacking, and we'll be showing them how we can make tasty, sweet food without adding sugar when we prepare a 'sugar free' banana cake to take home and cook.

WEEK SIX – TASTE & FLAVOUR: We'll introduce children to the 5 tastes and see if they can recognise them in a variety of foods. All flavours are made up of some combination of these tastes so we'll try tasting other foods and try to place them among the 5 basic tastes we began with. We'll be using what we've learned to incorporate all 5 tastes in a Chinese noodle

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salad.

WEEK SEVEN – WHERE DOES FOOD COME FROM? We'll be teaching the children to understand and value where food comes from. We'll get the children to use a range of resources to explore the different stages of the grain chain, from the wheat seed on the farm to the home made breakfast rolls that the children will prepare and take home to cook.

WEEK EIGHT – SEASONALITY: We'll begin the session by selecting a seasonal fruit or vegetable to taste and evaluate. We'll explain the history and nutritional value of the food the children try before participating in a hands-on cooking project using some of the seasonal ingredients.

WEEK NINE - SUSTAINABILITY: We'll learn how we import our food from all over the world and how importing food has consequences for our community. Children use maps to identify where in the world their food comes from and work in groups to create sustainable smoothies and juices.

WEEK TEN – FOOD LABELS: The nutrition labels on food packages guide healthy food selection and we'll introduce the children to use by dates, sell by dates and storage instructions, using the food label to demonstrate a real-life application of basic maths skills, making them more relevant for the children.

COOK 'N' BOOK (Reception - Year 2)

Our Cook 'N' Book sessions are a way for young children to experience fresh local produce, tasty and healthy snacks and cooking in the classroom, through linking each session to a well-known book.

THE GRUFFALO'S FEAST – OH HELP! OH NO! IT'S A GRUFFALO!

We'll start by reading the story of the Gruffalo using finger puppets and hand actions. The children will make a fabulous Gruffalo crumble (which they'll need to take home and cook), and they'll get to taste our terrible teeth and poisonous warts (oh alright, they're actually roasted parsnips and green olives)!

WE'RE GOING ON A BEAR HUNT – USING OUR SENSES

We'll begin by reading the story and use sensory tubs with different elements of the book for children to play and experiment with. The children will make an oozing chocolate mud cake (which they'll need to take home and cook), and join in with an activity rhyme based around food and cooking.

THE GINGERBREAD MAN – RUN, RUN, AS FAST AS YOU CAN!

We'll start by reading the story of the Gingerbread Man using finger puppets and hand actions. The children will make a ginger biscuit mix (to take home and cook), and they'll join in with games and activities based around the story to include action rhymes, and a "what if?" scenario.

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LITTLE RED HEN MAKES A PIZZA

1, 2, 3, 4, 5...ONCE I CAUGHT A FISH ALIVE

In today's world, lots of children's first contact with food is often the supermarket. They have little or no understanding of how it is farmed. The aim of this lesson is to help very young children to learn where their food comes from and the process it goes through on its journey to get to their plate.

JACK & THE BEANSTALK

This story is the basis for a session on plants, observing how seeds grow into plants and what plants need to stay healthy. During this energetic session the children will pretend to be baked beans, jelly beans, runner beans and jumping beans, as we get them thinking about the many different bean varieties, and we help them make a delicious bean fattoush.

GOLDBLOCKS

We'll use the story to start a discussion around the importance of 'breakfast' to include a look at foods that give us a steady supply of energy and keep us ready to meet the challenges of the day and we'll help the children create a breakfast bar.

THE ENORMOUS POTATO

We'll use the story as a starting point to discuss this extremely versatile food and we'll encourage the children to think about all the different ways they've eaten a potato. We'll talk about how some ways of preparing potatoes are healthier than others and ask the children to think about why this is. We'll sing a song about mashed potatoes, we'll make a potato salad and end the session with the Kiddy Cook crisp taste challenge.

During January and February we are able to show the children the potato 'chitting' process

HANDA'S SURPRISE

Join Handa, a young Kenyan girl, as she makes her journey to visit her friend Akeyo, collecting delicious and tempting fruits along the way! A unique and creative workshop that brings literacy to life, this session encourages children to try some of these exotic fruits and then use them to create a deliciously healthy dish. A wonderful workshop linking many cross curricular topics.

FOOD FOUNDATIONS (Reception - Year 2)

The following 3 workshops aim to increase awareness of and encourage healthy food choices by offering each student an opportunity to develop scientific and culinary curiosity. The lessons integrate learning, introduce students to the healthful benefits of eating well, develop basic cooking skills and cultivate scientific habits of mind whilst discovering a diversity of foods.

FABULOUS 5 FOOD GROUPS

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Asks “What is healthy?” and explores how what we eat affects how we feel, grow, think and live. Students sort food by shape, colour and food group as they are introduced to the ‘Eat Well Plate’.

FANTASTIC FRUIT

Students eat ‘a rainbow’ as they sample fruits, learn how different fruits grow, explore the health benefits of eating different colours and make their own rainbow salad.

A VARIETY OF VEGGIES

Students connect food that they commonly eat with the corresponding vegetables such as tomatoes to pasta sauce and wash and slice their own vegetables for tasting.

FESTIVALS THROUGH FOOD (Reception - Year 6)

CHINESE NEW YEAR

During the session we look at ancient methods of Chinese cookery and give children a flavour of this fascinating country. Did you know for example that modern Chinese food is based on traditions that date back 1000 years, and that food must contain a careful balance of flavour, aroma, colour and texture? We’ll use our senses to create a delicious Chinese noodle salad and liven things up with the Kiddy cook chopstick challenge!

ST PATRICK’S DAY

Children prepare Irish soda bread to take home and cook and conduct an experiment to show them how ingredients mix together to create a reaction that makes the dough ‘GROW’.

DIWALI

Children learn about and compare different types of spices to develop sensory and cultural awareness and identify spices from sight, smell & taste. They’ll prepare Pakora to take home and cook before finishing off with Indian treats.

THE HISTORY COOKING ZONE

WORLD WAR 1/WORLD WAR 2 – COOKING WITH RATIONS

The food that won us the war: The weird and wonderful ration-book dishes that helped Britain to victory. And it’s strikingly relevant again today, as we find ourselves living through a period of unexpected austerity. During this hands-on session the students will try their hand at some of the recipes in Ration Book Britain - they might be a little surprised at just how good they are!

THE TUDORS

Traditionally, food recipes were passed from one generation to the next by word of mouth - from mother to daughter – as many women wouldn’t have been able to read. During this hands-on session the students will translate Old English recipes and make their own version of Pottage – a vegetable soup, flavoured with herbs and thickened with oats.

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