

# How to Teach Cooking in Your School

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The National Curriculum has changed - primary schools must teach students to *“prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.”*

- Square Food Foundation offers a commitment to embedding regular healthy and delicious cookery lessons into your school curriculum; training teachers for long term whole school development
- Square Food Foundation understands a holistic approach to food education, and connect cooking in school to gardening, school dinners, and children cooking at home
- Square Food Foundation follows recommendations from the Food for Life Partnership and the Mayor’s Healthy School awards. We will work with you to create an action plan before the end of this school year, to include dedicated space organisation, cookery kit acquisition and evaluation



Programme Timeline		
December: Preparations	January: Preparations	February: Preparations
Initial meeting with Head Teacher & key liaison	Meeting with new or existing Food Action Team 20 minutes at School Governor’s meeting	School sources cookery kit and organises store area 15 minutes at a staff meeting
March: Delivery	April: Follow up	May
All school assembly	Follow-up meeting with Food Action Team	Optional add on: field trip to Square Food Foundation
Staff training (inset day/twilight)		
2 full days of hands on cookery with classes of 30		



### Expectations of school:

- Dedicating the necessary time for teacher training
- Forming a Food Action Team (team to potentially include staff, governor, parent, students, pantry coordinator)
- Dedicating space to storing pantry items and cookery equipment
- Purchasing cooking equipment (SFF has a recommended kit list)

### Cost to School

Standard cost of programme: £3,722 (up to 24 staff)  
Approximate cost of cookery kit: up to £600

To apply for Lido Bursary 50% off standard rate  
email [info@squarefoodfoundation.co.uk](mailto:info@squarefoodfoundation.co.uk)

