

Cooking at Minchinhampton school

What can food lessons offer your child?

- **Confidence** - The “I made that!” feeling boosts self-esteem and gives a sense of achievement, especially for those who struggle to keep up with their peers in other areas.
- **Concentration** - Cooking is hands on and there’s a visible change at every step, which can encourage concentration. Pupils are also aware of the importance of safety and the implications of a lack of focus.
- **Curriculum** - Cooking and nutrition activities are great for demonstrating essential Maths, English and Science concepts in practice.
- **Coordination and fine motor skills** – Cooking skills e.g. mixing, chopping and grating can help develop coordination and dexterity in a fun and creative way.
- **Calm** - Step by step instructions, a place for everything and the ground rules of a safe kitchen can be very reassuring for the anxious child. For some cooking is an oasis in a world that can be overwhelming or hard to understand.
- **Communication and teamwork** - Whether its sharing small cooking tasks or working together fund raising, pupils learn to express their ideas listen to others and to cooperate to achieve their goals.
- **Independence** – Being able to choose and produce successful dishes, are important for independence and well- being. Pupils will often want to be more involved at home with making meals.
- **Food fearless** – Knowing what’s in dishes help children overcome food fears and enjoy a wider variety of foods. Working with a different adult can sometimes relief the pressure and control around eating for a child.
- **Help with allergies, intolerances and special diets** – For a child who needs to avoid certain foods, cooking can give them and their families the knowledge and confidence to cook from scratch and tailor dishes to suit their needs. It also gives the opportunity for other pupils to learn about allergies and offer support.
- **Firm friendships** – Enjoying food together can encourage good relationships within the group and beyond. Getting involved with whole school events can be especially valuable.
- **A life skill** – Food preparation and cooking are essential skills which will equip pupils for life. Hopefully pupils will foster an interest in food and cooking in the future.