



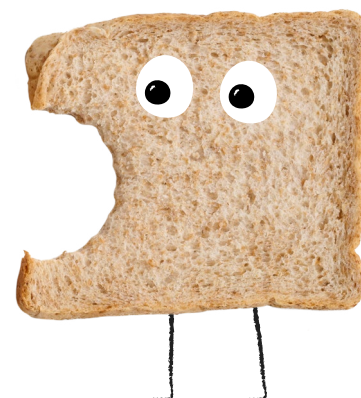
Keep Calm and Cook

Teacher Guide

KS3 (Ages 11-14)

We know that families today must be increasingly adaptable with the ingredients they use in their meals. But Warburton's know that doesn't have to mean eating anything less than delicious. In Keep Calm and Cook, students will build essential cooking and recipe planning skills, empowering them to become creative and adaptable cooks.

Students will work in teams to plan a healthy meal for their family and friends. But there's a twist. Halfway through planning, they'll be thrown a curveball in the shape of a scenario card that will require them to 'keep calm' and become adaptable cooks. They'll need to show their knowledge of healthy eating and creativity by choosing a substitute ingredient that will keep their dish as tasty as ever. Along the way they'll learn vital life skills that are needed more than ever today.



Delivery Methods

Keep Calm and Cook should be delivered over two 1-hour lessons. The first is a classroom lesson where students plan to create their recipe. The second is a practical cooking lesson where students create their planned dish. If you are unable to facilitate the practical lesson, lesson 1 can be delivered on its own, with students taking their recipes home to cook with parents/guardians.

Programme Learning Outcomes

At the end of Keep Calm and Cook students will...

- Understand the importance of adaptability when preparing to cook.
- Understand the factors to consider when planning a healthy, balanced family meal.
- Be able to use current healthy eating advice to choose a varied balanced diet for their needs and those of others.

Programme Skills Development

- Tools – Students will develop budgeting and adaptable cooking skills to embed lifelong habits of healthy, home cooking on a budget.
- Self-confidence – Students will develop their confidence in home cooking by understanding how to be adaptable and make creative changes to recipes.

Programme Resources

- Teacher Delivery Guide
- Lesson Presentation
- Keep Calm and Cook Recipe Cards
- Recipe Planner
- Scenario Cards
- Keep Calm and Reduce Food Waste – Take Home Card

Lesson 1

KEEP CALM AND COOK

RECIPE PLANNING

Activity	Time	Outline
Starter – Mini Quiz Lesson Presentation Slides 1-7	10min	<ul style="list-style-type: none"> Introduce students to Keep Calm and Cook by reading through the challenge on slide 2, and the learning outcomes on slide 3. Use slide 4 and 5 to show them the image of the Eatwell Guide and challenge them to remember as much of it as they can in 30 seconds. If your students don't need a reminder you can skip straight to the quiz on slide 6. Students complete the mini quiz on slide 6 based on previous knowledge of the Eatwell Guide. You could ask them to write their answers on mini-whiteboards or in their exercise books. The answers to the quiz are on slide 7.
Activity 1 – Keep Calm and Plan Lesson Presentation Slides 8-10	20min	<ul style="list-style-type: none"> Show slide 8 and share the Keep Calm and Cook Recipe Cards with the class. Ask students if they know any of the recipes and/or eat them at home. Show students slide 9 which reminds them how to be budget-friendly when designing recipes. Leave this up on the board while students complete the next activity. Put students into pairs or small groups. Explain that today they will work in teams to plan one of the recipes to a budget, developing key skills as they go. Ask each group to pick one of the Keep Calm and Cook Recipe Cards, and give them a Recipe Planner. In their groups students will prepare to make their recipe by completing each of the planning areas on the Recipe Planner.
Activity 2 – Keep Calm and Adapt Lesson Presentation Slides 11-15	20min	<ul style="list-style-type: none"> Students discuss any cultural and dietary needs they may need to consider and how these alter what people can eat. Tell students you have an important update that will affect their recipe plan. Show slide 15 and give each group a Scenario Card. Each card gives students a different factor that they will have to react to. They will need to adapt their recipe plan by swapping an ingredient. They must ensure their substitutions meet all the criteria on the card. If available, students could use computers to research items of a similar cost, nutritional value, and taste to help them decide. In a different colour pen groups should make changes to their Recipe Planner across each of the planning areas. NOTE: Please ensure students get an appropriate scenario card for their recipe. For example, the scenario must mean that they have to make a change to their recipe.

Activity	Time	Outline
Keep Calm and Evaluate Lesson Presentation Slide 15-17	10min	<p>IF DELIVERING LESSON 2</p> <ul style="list-style-type: none"> Students reflect on the Eatwell Guide on slide 16 and discuss how their adapted recipes reflect each section. <p>IF NOT DELIVERING LESSON 2</p> <ul style="list-style-type: none"> Each group shares their scenario with the class and explains the changes they had to make to their recipe plan and the impact this had. Students use the reflection questions on the lesson presentation to evaluate their recipe planning and skills development. Show slide 17 and give each student a copy of the Keep Calm and Reduce Food Waste – Take Home Card

Lesson 2

KEEP CALM AND COOK PRACTICAL COOKING LESSON

Activity	Time	Outline
Starter Lesson Presentation Slide 18	5min	<ul style="list-style-type: none"> Before the lesson, ensure all students have the correct ingredients to cook their recipe. Show slide 18 and take them through the plan for the lesson. In their cooking groups students should remind themselves of their Keep Calm and Cook Recipe and their Recipe Planner from the previous lesson. In their cooking groups they should make a note of any safety precautions they need to take with ingredients and equipment and agree on their roles during the cooking process.
Activity 1 – Keep Calm and Cook Lesson Presentation Slide 19	45min	<ul style="list-style-type: none"> Students follow their chosen Keep Calm and Cook Recipe and use all sections of their Recipe Planner to cook their dish. Teachers should check-in and support students throughout. Note, 45min includes cooking time plus clean up time.

Activity	Time	Outline
Plenary – Keep Calm and Evaluate Lesson Presentation Slide 20-21	10min	<ul style="list-style-type: none"> Students should go around the room and discuss each other's amended recipes and the changes groups made in reaction to the scenario. If dietary requirements allow, students can taste each other's dishes. Students use the reflection questions on slide 20 to evaluate their recipe planning and skills development. If you haven't already, give each student a copy of the Keep Calm and Reduce Food Waste – Take Home Card Students can take photos of their cooked Keep Calm and Cook Recipe and share on social media with the hashtag #bakethemostoflife.

Curriculum Links

Nation	Subject	
England	PSHE	Healthy eating Pupils should know: <ul style="list-style-type: none"> What constitutes a healthy diet (including understanding calories and other nutritional content). The principles of planning and preparing a range of healthy meals.
	DT	Pupils should be taught to: <ul style="list-style-type: none"> Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes].
N. Ireland	Learning for Life	Home Economics <ul style="list-style-type: none"> Develop practical skills in the safe, hygienic, healthy and creative use of foods to plan, prepare, cook and serve a range of meals. Develop the practical skills in the safe use of a range of utensils and appliances in the preparation, cooking and serving of a variety of dishes. Explore ways to achieve a healthy diet.

Nation	Subject	
Scotland	Health & Wellbeing	<ul style="list-style-type: none"> By taking part in practical food activities and taking account of current healthy eating advice, I can prepare healthy foods to meet identified needs. HWB 3-30a I can apply food safety principles when preparing and cooking food. HWB 3-33a
	Technologies	<ul style="list-style-type: none"> I am gaining confidence and dexterity in the use of ingredients and equipment and can apply specialist skills in preparing food. TCH 3-04a
Wales	Health & Wellbeing	<p>Developing physical health and well-being has lifelong benefits.</p> <ul style="list-style-type: none"> I can plan and prepare a variety of nutritious meals.
	D&T	<ul style="list-style-type: none"> Use a broad range of skills, techniques and equipment, as well as standard recipes, to cook meals and products. Plan and carry out a broad range of practical cooking tasks safely and hygienically. Apply current healthy eating messages in relation to the nutritional needs of different groups in society and consider issues of sustainability in order to make informed choices when planning, preparing and cooking meals or products. Classify food by commodity/group and understand the characteristics of a broad range of ingredients, including their nutritional, functional and sensory properties.
All nations	Food competencies framework	<p>Diet</p> <ul style="list-style-type: none"> Use current healthy eating advice to choose a varied balanced diet for their needs and those of others. <p>Cooking (Food Preparation and Handling Skills):</p> <ul style="list-style-type: none"> Use a broad range of preparation techniques and methods when cooking, e.g. stir-frying, steaming, blending. Use equipment safely, being aware of others' safety. Modify recipes and cook predominantly savoury dishes that are based on current healthy eating messages. Understand and use good food safety practices. <p>Food safety</p> <ul style="list-style-type: none"> Plan and carry out food storage, preparation and cooking safely and hygienically.