

Leiths Co-Curricular Cookery

A flexible cook-along course for everyone.

Leiths Co-Curricular scheme of work offers complete flexibility, from a stand-alone activity day to after-school cookery clubs and weekend boarding activities. With options for distance learning this is a truly accessible course suitable for all learners. The recipes can also be used to supplement the practical Leiths KS3 curriculum with additional practical cooking sessions.

About this course

This adaptable digital cookery resource has been designed for use at school, at home or within the community, making it an ideal course for every school or setting. Introducing students to a range of cookery skills and flavours from around the world, this immersive cookery experience turns tentative cooks into confident dinner hosts!

With 36 × 50-minute individual cookery sessions this course can be used as a KS3 carousel cookery curriculum or as an afterschool or community cookery club. It is also suitable for hybrid and distance learning, allowing students to progress in almost any scenario. This visual and hands on approach to practical cookery enables a fully inclusive practical cookery curriculum to be delivered to all students.

Every recipe serves four with a focus on modern everyday meals using seasonal and affordable ingredients. The recipes are designed to appeal to young people and families, with recipe adaptations for special dietary requirements.

Example dishes include Cauliflower korma, Sweetcorn fritters and Thai green curry.

How it works

An adaptable and flexible digital cookery course which can be delivered both on and off timetable (or a combination of both), and over as many weeks as you require to suit your individual requirements.

The step-by-step cook-along videos have been designed for students (and staff) to follow independently with ease and without any cookery knowledge or experience. They are accessed by students via the Leiths Education Portal on a phone, tablet or laptop with an accompanying lead adult for support. The lead adult need not be a specialist food teacher or even a qualified teacher as the digital platform delivers the whole session from start to finish.

Whether you are looking for an immersive practical cookery day or a regular weekly cookery session, Leiths Co-Curricular Cookery can fit flexibly into your own school timetable. Simply mix and match the recipes and resources you prefer or map them all across the whole school year.

Course structure

- There are 36 practical cookery sessions in the Scheme of Work
- The sessions are broken down into six different themes/courses: Foundation Skills, Vegetarian, Budget Busters, Around the World, Crowd Pleaser and Take-away Favourites
- Each session will take 50 minutes to prepare and cook
- Additional time should be allowed for the preparation of equipment and ingredients and final clean-down
- All sessions are suitable for individual or paired working

Sample scheme of work

Lesson	Skill Focus	Recipes	Theme
3	Vegetable cooking	Vegetarian chilli	Foundation skills
11	Cooking with spices	Cauliflower korma	Vegetarian
14	Batter making	Sweetcorn fritters	Budget busters
19	Poaching chicken	Thai green curry	Around the world

Provision of ingredients

- We strongly recommend that the school provide all ingredients and suitable containers for food to be taken home
- Scalable order and shopping lists provided
- The teacher should be supported by a technician or teaching assistant
- All recipes serve 4 generously so one quantity of ingredients can be shared between two students
- All ingredients should be prepared and weighed out in advance for the students.

Uniform and equipment requirements

The professional certification of this course requires consistency across all of our Leiths Partner Schools. For this reason, we advise pupils wear the Leiths blue apron for our Leiths Co-Curricular course.

Certification

An end of course certificate template enables each pupil to receive a personalised Leiths certificate at the end of their cookery day or course.

Contact Us

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