

Leiths Secondary KS3 Cookery

Kickstart a love of cookery in all students.

Your students will travel the world trying different flavours, learning core skills and discover cookery as a way to enjoy healthy lives with friends and family. With multiple career pathways into the food industry maybe they will also discover a talent they didn't know they had, setting them off on an exciting new trajectory!

About this course

A complete cookery curriculum for KS3. Whether you are looking for an immersive practical cookery day or a regular weekly food and nutrition lesson, Leiths KS3 Curriculum 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.

Students will learn to cook delicious, nutritious meals as well as learn core skills which will enable them to go forward to further study ready for a wealth of potential careers in the food industry.

Example dishes include: Courgette and cheddar muffins, Rosemary and thyme shortcrust biscuits with whipped feta and Chicken souvlaki with tzatziki.

How it works

Each practical cookery session has a key practical skill focus, although multiple skills are encountered in every lesson. The step-by-step cookalong videos have been designed for students (and staff) to follow independently with ease and without any cookery knowledge or experience.

Each recipe makes at least two portions and has been designed to be eaten during the lesson at school or taken home to share with re-heating instructions where required.

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

Leiths Secondary KS3 scheme of work offers complete flexibility. It can be used in a variety of ways, from a stand-alone activity day to a core carousel curriculum and it has been mapped to the following three key documents:

- Secondary National Curriculum
- Core Competencies for children and young people aged 5-16 years: A framework of skills and knowledge around food, diet and physical activity
- Food Teaching in Secondary Schools: framework of knowledge and skills

This course has been designed to equip students with all the practical cooking skills required for the GCSE Food Preparation and Nutrition curriculum.

Course structure

- There are 36 lessons in the Scheme of Work comprising 18 classroom-based theory lessons and 18 practical cookery lessons
- Each session has been designed to fit into a 50 minute single lesson
- Individual lessons can be merged together to fill a longer timetabled slot as required
- Additional time should be allowed for the preparation of equipment and ingredients and final clean-down in the practical cooking sessions
- All practical cookery sessions are suitable for individual or paired working

Timetabling

Leiths Secondary KS3 Cookery has been designed to be flexible and can be delivered both on and off timetable (or a combination of both), and over as many terms as you require to suit your individual needs.

The whole curriculum comprises 36 sessions which can be delivered together as part of a weekly food and nutrition curriculum, or independently as standalone activities or short courses.

Each session is built around an individual age-related core competency and includes three distinct activities:

- 18 x teacher led lesson plans including a PowerPoint presentation and supporting Edible Science factsheets
- 18 x pupil activity sheets for a classroom or homework task
- 18 x linked practical cookery lessons including a recipe, cookalong video, scalable shopping list and set-up notes

Sample scheme of work

Week	Skill Focus	Recipes	Edible Science
3	Roux sauce, grilling	Welsh rarebit	Dextrinization
8	Make a dough	Pizza Bianca	Fermentation
13	Shortcrust	Rosemary & thyme biscuits	Shortening

Provision of ingredients

- We strongly recommend that the school provide all ingredients and suitable containers for food to be taken home
- All ingredients should be prepared and weighed out in advance for the students.
- Scalable order and shopping lists provided
- The teacher should be supported by a technician or teaching assistant
- All recipes are designed to serve two unless otherwise stated

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 Secondary KS3 Cookery 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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