

Meaningful Learning Experiences

Strategic Commitment	✓	Part of a large academy trust's curriculum strategy
Curriculum Provision	✓	Reception Class 'Healthy Eating'
Employer Partnerships	✓	Part of an initiative to promote Allied Health Professions
Reflective Young People	✓	Helping children plan, make and evaluate
Informed Career Choices	✓	Inspiring young children about a career as a Dietitian

Reception class children plan, make and evaluate dishes for 'Healthy Eating'

Children in Reception classes St James the Great Academy in Kent learn about Healthy Eating. This requires children to 'make' (select from and use a range of tools and equipment to perform practical tasks and select from and use a wide range of materials and components, including ingredients) and 'evaluate' (explore and evaluate a range of existing products and evaluate their ideas and products against design criteria).

The school was already involved in the 'Let's Get Cooking' initiative by the British Dietetic Association, from where the programme manager provided a variety of existing resources: *'If you don't want to commit to the competition challenges the children could just make one of the recipes. Each LGC recipe has the potential to sit within a DT scheme of work and realise specific learning objectives or can be used as a springboard to other cross-curricular learning.'*

In spite of severe disruption caused by the COVID pandemic, the Reception teachers responded positively to the involvement of an external expert: *'Thank you so much for bearing with us while we look through all the wonderful resources!'*

The LGC programme manager provided an informal video message in which she shared her passion for food and cooking and healthy eating and gave some tips to help the children think about how they would plan, make and evaluate their own pasta dishes, experimenting with flavour combinations. *'I hear you're going to be doing some work with pasta I can't wait to see what you come up with – I'm really looking forward to it. Let's get cooking!'*

Benefits for the Students

'All the children were very proud of themselves and, although quite young, most of them were able to recall what we did- well mainly the eating!'

'I think the children were more receptive to the project because they were doing it for someone else. The video at the start was a definite hook to get them interested. Many of them were interested when we mentioned possible careers linked to cooking and food.'

Benefits for the School

'It is wonderful to see everyone getting involved with the planning, preparing and tasting of the tomato pasta and there are some very happy faces at all stages! I am so pleased to see the children getting some hands-on practice preparing the ingredients. It is so important for them to see what goes into the meals they eat. You can see there was lots of teamwork, with the children helping each other. There are definitely some budding home cooks in evidence and maybe these are the first steps to future careers in food, nutrition and dietetics.'

Benefits for the Employer

Academies Enterprise Trust were keen to use this project (and another about Food Chains for Year 2 children) to enrich learning, as one of their Curriculum Leaders explained: *'Yes, absolutely, we could build this into the curriculum. We are actually developing a new trust-wide approach to Design Technology at primary level at the moment ready for Sep 2021 launch, so we can factor this in from the off!'*

Reception class children planned, made and evaluated pasta recipes, inspired by expert guidance from the programme manager for the 'Let's Get Cooking' programme run by the British Dietetic Association (BDI).

