

## Core Skills Analysis

### Science

- Learnt basic chemical reactions, such as how heat changes the state and properties of ingredients.
- Explored concepts of temperature control and how it affects cooking outcomes.
- Understood the role of different ingredients and how they interact during cooking processes.
- Recognised the importance of hygiene and safety when handling food and kitchen tools.

### Mathematics

- Practiced measuring ingredients using standard units, developing accuracy and estimation skills.
- Used fractions and ratios implicitly while following recipes or adjusting ingredient quantities.
- Applied sequencing to follow recipe steps in the correct order.
- Developed time management skills by coordinating preparation and cooking times.

### English

- Improved reading comprehension through interpreting recipe instructions.
- Followed precise language cues and verbs related to cooking techniques.
- Expanded vocabulary with culinary terms and words describing textures and tastes.
- Practiced writing or verbal communication by possibly explaining steps or describing the cooked dish.

### Life Skills

- Enhanced independence through planning and executing cooking tasks.
- Built responsibility by managing kitchen safety and hygiene.
- Fostered creativity in experimenting with ingredients or presentation.
- Developed problem-solving skills when adjusting recipes or troubleshooting cooking outcomes.

### Tips

To deepen understanding through cooking, encourage the student to experiment with different ingredients to observe changes in taste and texture, highlighting science concepts. Introduce ingredient substitutions to teach about chemical properties and recipe flexibility. Use cooking to practice fractions and decimals by doubling or halving recipes, reinforcing math skills experientially. Additionally, have the student write their own recipes or keep a cooking journal to enhance literacy and reflection. Exploring diverse cuisines can broaden cultural awareness and empathy. Finally, involve planning a meal from start to finish to develop organizational and time management skills, integrating many cognitive and practical abilities.

### Book Recommendations

- [The Science of Cooking](#) by Stuart Farrimond: An engaging book exploring the scientific principles behind many cooking techniques, perfect for curious young cooks.
- [Cooking Class: 57 Fun Recipes Kids Will Love to Make \(and Eat!\)](#) by Deanna F. Cook: A kid-friendly cookbook that encourages hands-on learning and builds confidence in the kitchen.
- [You Can't Eat a Princess! \(Learning Life Skills Through Stories\)](#) by Natasha Wing: A storybook that teaches children about essential life skills like cooking and responsibility through fun narratives.

### Learning Standards

- Science KS2: Understand properties and changes of materials (National Curriculum: Year 6 -

Sc4 3a).

- Mathematics KS2: Solve problems involving addition, subtraction, multiplication and division; understand fractions (Year 5 and 6 - Ma3).
- English KS2: Develop reading comprehension and vocabulary acquisition through instructions and descriptive texts (Year 5 - EN2).
- Personal, Social, Health and Economic (PSHE) Education: Learn practical life skills, responsibility, and health and hygiene (PSHE Association guidelines).

### **Try This Next**

- Create a worksheet that requires converting ingredient measurements (e.g., tablespoons to teaspoons, grams to kilograms).
- Design a cooking vocabulary matching quiz with terms and their definitions.
- Write a short recipe passage and ask the student to sequence the steps or identify verbs related to cooking actions.
- Plan a cooking experiment to observe how changing one ingredient (like sugar or salt) affects taste.

### **Growth Beyond Academics**

Cooking activities often boost a sense of independence and confidence as the student completes tangible tasks. The process may involve patience and focus, and mastering new skills can foster resilience and pride. There is also potential for creativity and self-expression, which positively supports emotional growth.