

## **Stretch and challenge ideas for Food students at Leicester Grammar School**

### **What can students do to develop their skills in this subject area?**

- Get involved in the cooking and preparation of meals at home – this could involve planning and making breakfast for you and your family. You could try making pancakes, French toast, deluxe porridge with whatever toppings you enjoy, smoothies or eggs on toast. You could prepare an afternoon tea – this could involve both sweet and savoury foods!
- Expand your knowledge and awareness by challenging yourself to try a new ingredient, technique or skill each week.
- Watch cooking programs such as 'MasterChef', and 'Great British Bake Off' to get inspiration about recipes and food styling.
- Watch food-related programs such as 'Food Unwrapped', 'Countryfile', 'Jimmy's Food Factory' to gain a greater understanding of food provenance where food comes from and the science behind food.
- Be aware of food-related events such as 'Fairtrade Fortnight' and 'Healthy Eating Week' to raise your awareness of why we choose food.
- Take an interest in what the food culture is like in other countries. For instance, if you go on holiday, keep a food diary and bring it in to discuss it with your teacher.
- Talk with older generations to explore and appreciate a wide variety of ideas and opinions about traditional and regional British and Leicestershire ingredients.
- Attend extra-curricular food clubs offered.
- Join a local cooking club.
- Enter a range of competitions such as the Tunnock's Teacake Challenge, ICG Aspiring Student Chefs Cookery Competition and FutureChef (all advertised in school).

### **What websites could students visit to support the curriculum?**

The school recommends visiting websites such as:

- [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk) (Free resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating)
- [www.nutrition.org.uk](http://www.nutrition.org.uk) (British Nutrition Foundation - a charity which exists to give people, educators and organisations access to reliable information on nutrition. Grounded in science; working with experts; supporting anyone on their journey towards a healthy, sustainable diet)
- [www.bbcgoodfood.com](http://www.bbcgoodfood.com) (For recipes)
- [www.senecalearning.com/en-GB](http://www.senecalearning.com/en-GB) (A free and fun way to learn and revise at KS3, GCSE).

### **How can parents/carers help and what can be done at home?**

Parents/carers can help by discussing their choice of recipe with their children and encouraging them to weigh out ingredients independently. They can also encourage their children to get involved in family meal planning, preparation, and cooking as much as possible. Parents/carers can talk to their children about food choice, budgeting, diet and nutrition, labelling and packaging to expand their knowledge in a family context. They can also encourage their children to shop locally and sustainably – take them to local farmshops (such as Pennbury Farm, Stoughton Grange, The Langton Garden Centre, Farndon Fields) to see the produce available.

Remember that cooking should be enjoyable, so don't be afraid to experiment and have fun in the kitchen!