

## Teacher Information

# Cooking Without a Kitchen

Hands on food preparation or cooking are excellent ways to engage children in learning across the curriculum.

Whilst not all schools or classes have access to a kitchen there are still ways to safely include food preparation in *Refresh.ED* learning tasks.

See the suggestions below to explore opportunities both inside and outside the classroom.

## Working inside the classroom

### *In your classroom, is it possible to:*

- Cover desks and floor with reusable table cloths to create a makeshift kitchen?
- Set up several mini work stations if space is limited? This can be a great way to rotate students through different tasks.
- Adapt activities to a cooking demonstration scenario and invite students to participate during the demonstration?
- Ask students and families to complete cooking activities at home then bring into class for subsequent learning and discussion?
- Ask families to lend or donate equipment such as bread makers, pizza stones, mixers, rice cooker, electric frypans and woks, preserving equipment, camping stoves, portable BBQs etc.?

## Working outside the classroom

### *At your school, is it possible to:*

- Use an outdoor BBQ, fire pit or camp oven?
- Modify learning tasks to suit an outdoor picnic setting?
- Make use of canteen facilities and/or ask for canteen assistance in preparation of food?
- Make use of multi-purpose, art or manual arts facilities?
- Set up tables and chairs in an assembly or indoor sports area?
- Partially prepare items together at school to finish off with families at home, or vice versa?

### *In your local community, it is possible to:*

- Use community BBQ facilities?
- Partner with a local community centre, sports or volunteer organisation with cooking facilities?

