

How to incorporate key learning outcomes within cooking experiences at your setting

Element 2.1.3 of the National Quality Standard encourages settings to use cooking experiences to expand children's understanding of healthy food and nutrition, and to ensure that this is documented in program planning.

When planning cooking experiences, it is important to think about the key learning outcomes that will be addressed. Such learning outcomes can be categorised into the following: skill focused, nutrition messages and food safety. When planning cooking experiences, try to include learning outcomes from each category.

Learning Outcomes

Skill Focused	Nutrition Messages	Food Safety
Literacy and numeracy skills - Reading recipes - Counting and measuring ingredients Interpersonal skills - Listening - Team work - Cooperation - Communication Cooking skills (age appropriate) Safely using common kitchen utensils and equipment (age appropriate)	Healthy eating messages - The five food groups - Key nutrients Gardening and growing messages - How fruit and vegetables are grown and harvested - Starting a vegetable garden at your setting Sustainability messages - Reducing food waste - Utilising local produce - Composting	Hand washing - How, why, when Personal hygiene - Hair tied back - Short, clean nails - Clean clothing Safe food handling - Washing fruit and vegetables - Storing food - Temperature control - Self serving Cleaning practices - Washing up - Handling waste

Check out the following example where a range of skill focused, nutrition messages and food safety learning outcomes are incorporated into the cooking experience. By keeping the literacy simple for children and making these discussions fun and interactive will help them to remember what to do and why.

Learning outcomes of cooking experiences

Food Foundations • another NAQ Nutrition program

Example: Cooking Experience – Cheesy Chicken Meatballs

Skill Focused	Nutrition Messages	Food Safety
<p>Literacy and numeracy skills</p> <ul style="list-style-type: none"> - Reading recipes - Counting and measuring ingredients <p>Interpersonal skills</p> <ul style="list-style-type: none"> - Listening - Team work - Cooperation - Communication <p>Selecting and safely using the correct equipment</p> <p>Building a positive relationship with food, through exposure and sensory play</p>	<p>Healthy eating messages</p> <ul style="list-style-type: none"> - How many different vegetables are in this recipe? - Vegetables come in many colours, each colour provides us with a different nutrient (e.g. orange is high in vitamin A, this helps with our vision) <p>Gardening and growing messages</p> <ul style="list-style-type: none"> - Where are these vegetables grown? - How do they end up from garden to plate? <p>Sustainability messages</p> <ul style="list-style-type: none"> - Saving vegetable scraps and make a compost to grow herbs or vegetables for other recipes – i.e., introducing a new activity, as an extension to this one - Talk about recycling paper and other compostable materials as well - Go on a hunt around the setting to find materials to add to compost 	<p>Hand washing</p> <ol style="list-style-type: none"> 1. Lather with soap 2. Scrub front and back and between fingers for 20 seconds (count or sing out loud) 3. Rinse under warm water 4. Dry using a paper towel <p>Personal hygiene</p> <ul style="list-style-type: none"> - Tie up our hair so it doesn't go in our food - Keep our nails short so no germs encounter our food - Remember to wash our hands if we go to the bathroom, sneeze or touch our face. <p>Safe food handling</p> <ul style="list-style-type: none"> - We need to wash our vegetables before we use them to remove any germs or dirt, we can't see - Use different chopping boards and equipment between the raw meat and vegetables to keep germs from being spread - Cook the meatballs until the meat is cooked through and serve with tongs when sharing a meal to reduce germs from being spread. <p>Cleaning practices</p> <ul style="list-style-type: none"> - Clean benches and wash equipment in hot soapy water, sanitise and air dry to kill off any germs - Handle and dispose of waste carefully