Cooking Policy

Written	September 2026
Written By	Mrs C Green, Mrs E Wanglin
Ratified by Governing Board	
Date of Review	September 2027
Signed – Headteacher/Chair of Governors	

Introduction

Here at Beacon Academy we believe that, as part of promoting a healthy lifestyle, it is important to teach children life skills such as cooking which is offered additional to the Design Technology curriculum. Children from Year 1 to Year 6 are given 3 additional opportunities across the academic year to cook a dish and learn about different countries and their food cultures.

Food Technology teaches children about the fundamentals of healthy eating and the skills required in the process of cooking. We believe instilling a love of cooking in pupils is essential and develops a pupil's creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. Some of the delicious recipes the children will make include; Shepherd's pie, Lasagne, Homemade pizza and Jerk chicken.

Please see Appendix 1 what each year group will cook

Furthermore, we believe that cooking supports literacy and numeracy skills and enables children to become successful learners, confident individuals, responsible citizens and effective contributors.

Here are the objectives of the National Curriculum:

Key Stage 1

Cooking and Nutrition – Use basic principles of a healthy diet and understand where food comes from.

Key Stage 2

Cooking and Nutrition – Use basic principles of a healthy diet, cook and prepare food and understand seasonality. To become competent in using a range of cooking techniques.

Please see Appendix 2 for the key skills and progression

Expectations:

All members of staff who prepare food have a Level 2 Basic Food Hygiene Certificate which is valid for 3 years.
An apron, which will be provided must be worn for cooking by children and staff.
It is the responsibility of the adult to wash the aprons thoroughly after every cooking activity.
A maximum of 15 children will be cooking at any one time with a teacher and TA.
During the cooking lessons children must behave in a safe and responsible manner.

Procedure for the preparation:

Hands must be washed thoroughly using hot water, soap and dried using a paper towel.
Cardigans and jumpers will be removed prior to cooking and children will wear the provided aprons.

Equal opportunities and inclusion

Pupils with Special Educational Needs are able to develop confidence and access cooking sessions with support.

Health and Safety

Here are the guidelines we follow:

- Children must be supervised when using the cooker at all times.
- If any child or member of staff feels unwell, they are advised not to participate in the preparation or cooking of food or drink.
- Any child or adult with long hair should tie it back and use a hair net where applicable.
- All jewellery should be removed prior to the activity.

- Nail varnish must be removed or gloves worn.
- Blue plasters should be applied to any cuts.
- Appropriate footwear should be worn (all laces tied, low heeled and closed in shoes to be worn).
- Any spillages will be wiped up immediately.
- Glass bowls and knives should not be carried or washed by pupils.
- Pupils with behavioural difficulties will not be permitted to use knives. This will be determined at the head teacher's discretion.
- All surface areas must be cleaned before and after use, using an antibacterial spray.
- Keep all flexes, pan handles and electrical equipment, including the dish washer, out of the reach of children.
- All fruit and vegetables will be washed thoroughly before cooking.
- The appropriate chopping boards will be used all food preparation. Red for raw meats, green for fruit and vegetables, blue for fish and seafood and yellow for cooked food.
- When mixing food, ensure that the children do not lick the spoons or their fingers.
- Children should only taste food/drinks at the invitation of the adult in charge.
- All raw food should be kept away from cooked food.
- All wrappers and food waste should be disposed of appropriately.
- All utensils and equipment used should be washed appropriately, using the dishwasher or the appropriate concentration of antibacterial washing up liquid.
- All utensils, cooking equipment and storage cupboards must be checked by the responsible adult for cleanliness, wear and tear and to ensure that everything is accounted for.

Please see Appendix 3 for the risk assessment

Special dietary Requirements:

Religious and ethnic groups: The academy selects foods to cook in accordance with pupils' religious beliefs and cultural practices.

Vegetarians and Vegans: The academy offers a vegetarian option when cooking each term.

Food allergy: A list of children with food allergies can be found in Class folder and on the T-drive. This list outlines what the child's allergies are. A list of allergens will be displayed each week to outline all the ingredients in the food which has been prepared and cooked.

Food safety:

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

Parents/ carers:

Invited into the academy to taste the children's dishes each term at 2.45-3.15pm.
Parents/ carers are given 4 weeks notice. Parents/ carers are requested to send in a Tupperware container if they cannot attend so the food can be sent home to taste and enjoy together

Resources

The cooking room is located in the academy dining hall downstairs. Inside the cooking room there are storage cupboards for all the equipment and dry goods.
There are locks on the cupboards so that the equipment and food can only be accessed by adults.
There is a fridge with a lock to ensure fresh food is kept safe.

Evidence

Cooking is evidenced in an A3 book with photographs, child voice alongside the recipe over a double spread per year group.
A double spread page is used to reflect parent voice when they are invited into the academy to taste the food alongside their child.

Cooking lessons

Each child from Year 1 to Year 6 are given 3 extra opportunities across the academic year to cook a popular dish linked to a country from around the world.
Reception are introduced to cooking during the summer term with their class teacher.

Please see Appendix 4 for the Cooking schedule

Monitoring and Review:

This policy is monitored by the Governing body, and will be reviewed annually or earlier if necessary.

Appendix 1 – What each year group will cook

Appendix 2- Progression of skills and Cooking skills

Appendix 3- Risk Assessment

Appendix 4- Cooking Schedule

Appendix 1

Countries the food originate from					
Indian	Chinese	Italian	Spanish	African	British
Brazilian	Caribbean	Austrian	French	Mexican	Greek

Year	Information	Autumn term	Spring term	Summer term
Reception	Recipe			Fruit yoghurt pots Greek
	Prep time			15 mins
	Cooking time			0
Rubies	Recipe	Homemade pizza Italian	Homemade Burgers American	
	Prep time	25 mins	20 mins	
	Cooking time	16 mins	30 mins	
Year 1	Recipe	Mexican Chicken Fajitas Mexican	Chicken Risotto or Vegetable Risotto (V) Italian	Wiener Schnitzel + coleslaw or Tofu schnitzel (V) Austrian
	Prep time	5 mins + 10 mins	15 mins	40 mins
	Cooking time	10 mins	35-40 mins	10 mins
Year 2	Recipe	Spaghetti Bolognese or Soya Bolognese (V) Italian	Chicken Stir fry or Vegetable stir fry (V) Chinese	Fish Paella or Vegetarian Paella (V) Spanish
	Prep time	10 mins	20 mins	25 mins
	Cooking time	20 mins	10 mins	25 mins
	Recipe	Paprika Chicken Stew	Brazilian Picadilo	Szechuan Pork

Year 3		**with Herby Dumplings** Spanish	or Soya mince (V) Brazilian	or vegetable szechuan(V) Chinese (Asian)
	Prep time	15-20 mins	15 mins	15 mins
	Cooking time	30 mins + 15 mins	45 mins	35-40 mins

Year	Information	Autumn term	Spring term	Summer term
Year 4	**Recipe**	**Chicken Chausseur** or Quorn Chausseur (V) French	**Shepherd's Pie** or Shepherd less Pie with Soya mince (V) British	**Jerk Chicken** Or jerk Quorn fillets (V) Caribbean
	Prep time	15 mins + 30 mins	25-20 mins	20 mins
	Cooking time	30 mins + 20 mins	30-40 mins	30 mins
Year 5	**Recipe**	**Sausage & Bean hotpot** or Vegetarian sausage (V) British	**Goan Fish Curry** or Vegetable curry (V) Indian	**Lasagne** or Spinach, mushroom and onion Lasagne (V) Italian
	Prep time	15 mins	20 mins	10 mins + 20 min cooling
	Cooking time	45 mins	35-40 mins	45 mins
Year 6	**Recipe**	**Chilli Con Carne** Soya mince (V) Mexican	**North Africa Chicken Tagine** Vegetable Tagine (V) Africar	**Roast dinner Meat + 3 veg** Nut roast dinner (V) British
	Prep time	15 mins	20 mins	
	Cooking time	1 hour	1 hour	

Appendix 2

Progression of skills – food

EY *Reception only	KS1	LKS2	UKS2
WITH SUPPORT * Peel (skins off fruits- bananas and oranges) *Cut (soft foods with a table knife) *Threading (onto a skewer)	**WITH SUPPORT** *Peel (with a peeler) *Mix (with increasing thoroughness) *Spread (soft ingredients) *Measure (with measuring spoons) *Snip (with kitchen scissors) *Grate (soft foods like cheese/ firmer foods like carrots) *Spoon ingredients (in to different containers) *Arrange (soft foods onto a cocktail sticks) *Sift (flour into a bowl) *Cut (soft foods with a table knife progressing to firmer foods with a vegetable knife-end of Y2) using: -Fork secure *Crack an egg * fry (omelette and escallop)	**INCREASING COMPETENCE** *Peel (with a peeler) *Mix (thoroughly) *Spread (evenly over food) *Measure (with measuring jug, scales) *Snip with kitchen scissors (with greater control) *Grate (firmer foods like carrots) *Shape (with greater precision) *Press (garlic press) *Cut out with cutters (positioning carefully to avoiding wasting ingredients) *Spoon ingredients (using two spoons) *Arrange (in an attractive way) *Thread (medium resistance foods onto a kebab stick, e.g. mushrooms, courgettes) *Cut (soft foods with table knife progressing to firmer foods with a vegetable knife) using: -Fork secure -Claw grip * fry (spring rolls and samosas)	**WITH COMPTENCE AND ACCURACY** *Peel (to create ribbons, e.g. carrots, courgettes) *Mix (fold ingredients together e.g. flour into a mixture) *Measure accurately (using digital scales, analogue scales, measuring jug) *Grate (with greater control and skill, e.g. zest from a lemon, nutmeg) • Cut (firm and other foods with a vegetable knife) using: -Fork secure -Claw grip -Bridge hold

Appendix 2

Cooking skills

Cooking Skill	Reception	Y1	Y2	Y3	Y4	Y5	Y6
Cut							
Follow a recipe							
Open a tin							
Stir							
Pour							
Mixing							
Weigh							
Chop							
Peel							
Whisk							
Spreading							
Sieve							
Bake							
Mash							
Boil							
Rolling							
Grate							
Knead							
Rub							
Grill							
Fry							
Breading							
Break an egg							

Appendix 3

BEACON BISTRO COOKING **FOOD PREPERATION** - PRIMARY

Assessment by: Colleen Green **Date**: 5/09/26 **Checked by:** Emma Wanglin Date: .09.26

Hazard/Risk	Who is at Risk?	Normal Control Measures *(Brief description and/or reference to source of information)*	Additional Control Measures *(To take account of local/individual circumstances)*	Risk Rating H/M/L	1. Action by 2. Target date 3. Done date
Hot surfaces, liquids / Burns, scalds	Staff, pupils	• Lifting lids off pans and kettles, moving hot tins, dishes and water to be restricted to adults only. • Ensure adequate space is available around the ovens and hobs at all times when handling hot items. • Oven gloves to be worn when necessary.	Children are reminded of safe behaviour prior to sessions. Pupils should be reminded that pots remain hot after being taken off the hob Pupils to be reminded that wet cloth cannot be used to lift pots and pans. Pupils to be reminded to avoid steam sources. Close supervision from adults at all times	L	1. 2. 3.
Sharp equipment/ Cuts	Staff, pupils	• Controlled storage and use of knives. All knives are kept in a locked box. The knives are signed in and out by the adult. • Pupils taught correct techniques to use with knives. • Pupils use knives under supervision. • Knives are kept sharp and blunt knives can cause serious injuries. • First aid kit is in the kitchen with blue plasters for cuts. • Wash knives separately, do not leave them in the sink • Only adults to wash knives. Knives will be placed in a tub prior to the adults washing them. The tub is clearly marked in the kitchen.	Pupils aged 4-6 years old will use plastic safe knives Appropriate adult to child ration will be used at all times in the kitchen A ratio of 1:1 will be used with pupils who have additional support needs and individual support plans Help sheets are available for teachers regarding safe knife techniques. Knives must not be pointed or serrated and must be stored securely, in a **locked box.** Food can be ripped or cut with scissors.	L	1. 2. 3.

Slippery Floors/ Slips and trips	Staff, pupils, parents	• No obstacles in walkways and regular cleaning of floors. • Prompt maintenance of defects • Spillages should be dealt with immediately, use of cardboard on required area. • Paper towels are used on small areas of water based contamination. • Ensure good housekeeping and that any spills / food debris are cleared up immediately. • Pupils should ensure that shoe laces are tied. • Pupils will only walk in the kitchen.	Ensure that paper towels are available and a **safety triangular stand** to put up over wet areas. Constant communication is encouraged when moving hot items.	L	1. 2. 3.
Spillages On tables	Staff, pupils	• Tables where food is prepared are covered with wipe able table cloths • Pupils will use cloths/ paper towels if there is a spillage on the table		L	1. 2. 3.
Use of Induction Hobs/ Electric shock Fire, explosion	Staff, pupils	• Electrical equipment is subject to regular safety inspection and test (PAT Testing) • Only adults can use electric plugs. • Keep water away from electrics. • Children must be supervised at all times. • Water should not be put anywhere near hot cooking oil. Use sunflower oil or vegetable oil. Not olive oil as the burning temperature is lower. • Ovens for food preparation not to be used for other purposes e.g heating plastics • **Fire blanket** kept in the area and staff should know how to use it. • Hobs and ovens should be kept away from flammable materials, doorways, passageways and fire escape routes.	Run a safety meeting to update fire safety. An adult to be next to the child at all times when using cooking equipment e.g. hob, oven	M	1. 2. 3.

Use of Air fryer Burns steam electrical hazards; fire risk if the appliance is misused.	Children, staff, volunteers, and anyone nearby.	• Use the air fryer on a stable, heat-resistant surface. • Keep the air fryer away from the edge of the work surface. • Children must be supervised at all times. • Only an adult should operate the air fryer and handle the hot basket. • Follow the manufacturer's instructions. • Do not overfill the air fryer. • Keep the appliance and surrounding area dry and clear. • Check the plug and cable before use. • Allow the air fryer to cool before cleaning or storing	• Explain the safety rules to children before starting. • Create a clear **"no-touch" area** around the air fryer. • Position the air fryer where children cannot reach or knock it over. • Give children age-appropriate tasks, such as preparing ingredients. • An adult should remove the basket and handle hot food. • Check that food has cooled to a safe temperature before children eat it. • Check for allergies and dietary requirements before preparing food. • Ensure children wash their hands before handling ingredients.	**M**	

Food Poisoning Poor standard of hygiene Incorrect storage of food.	Staff, pupils, parents	**Personal Hygiene** • Pupils taught the need for personal hygiene. Staff and pupils to wash hands before handling food and after visits to the toilets. • Ensure that warm water, soap and towels (disposable) are available. • Cuts etc. are covered with waterproof adhesive dressings (**blue plasters**) • Tie long hair back. Pupils and staff with really long hair will be provided a **hair net.** • Aprons are worn and hygienically maintained • Pupils are encouraged to sneeze into fabrics not hands. If they sneeze into hand wash immediately. • Food should only be tasted on adult instruction. **Storage** • Regular checks to see that the fridge is below 5 and freezer 18 or below. • Adhere to HACCP regulations when heating and cooling foods • Only small quantities of food should be stored and stock rotation should be ensured. • "Used by" and "Best before" dates should be checked. • Food stored in suitable containers • Foods appropriately covered/wrapped and stored prior to taking home. Pupils provided with instructions on safe storage/consumption. **Food handling** • No raw food will be in the kitchen. • Separate chopping boards will be used for different types of foods. • Unwashed fruit and unwashed vegetables will be kept in a separate area. • All fruit and vegetables with an edible skin should be washed before eating or cooking. **Cleaning** • Work surfaces cleaned with multi-purpose cleaner and then disinfected prior to any food preparation. • Cloths are used and labelled for work surfaces.	Ensure pupils are told to wash their hands. Notices as reminders. Hair bobbles available to children with long hair. Disposable or wipe clean aprons available for all pupils Notices reminding staff no raw food in the kitchen. Chopping boards labelled depending on their colour Ensure disinfectant is available. **COSH certified** Cloths available	**M**	1. 2. 3.

		• Equipment, including cutlery, should be stored in clean containers and used only for food preparation. • Adequate rubbish bins for waste food and they should be emptied daily by the academy cleaners • Cloths will be regularly disinfected and washed at a high temperature. They will be soaked in boiling water every few days and replaced monthly.			
Toilets	Pupils	• If a child needs the toilet during the cooking session, they will need to remove their apron, go to the toilet and wash their hands prior to adding their apron back on. • Children will use the disabled toilet in the medical room.	Toilet passes are used so only 1 child is at the toilet at any given toilet.	L	1. 2. 3.
Pupils with food allergies Inadvertent contact Staff not aware of pupil's allergies.	Staff, pupils,	• All staff/volunteers are made aware of pupils who are sensitive to food and food allergies. This information is kept in a folder in the kitchen area and available on T drive. • Staff should be aware of ingredients/food additives present in foodstuffs.	Staffs ensure that the folder is kept up to date with pupil's information. Ensure regular checks are completed due to new admissions throughout the academic year.	M	1. 2. 3.
Parents/carers with food allergies	Parents, carers	• All parents receive a letter explaining the food that their child will be preparing and cooking. Parents complete an online form to say whether they will be attending or not and answer a question regarding any dietary requirements/ allergens they may have. • An allergen list is displayed on each table, alongside the dish of the day.	A collated list of the dietary requirements/ allergens is prepared weekly and any necessary changes to the recipe are made.	M	1. 2. 3.
Medical conditions Asthma attacks, allergic reactions etc…	Pupils	• In September parents/ carers update the medical conditions list. • There is a medical record sheet in the folder and accessible on the T-drive. • There are qualified first aiders leader the cooking sessions. Staff are aware of any children who require Epi-pens. • The pupils attending will bring their medical bag to cooking and these will be placed on an accessible hook in case they are needed.		M	1. 2. 3.

Training Food Hygiene	Staff	• All staff who are cooking/ directly working with food will have a level 2 Food hygiene certificate which lasts for 3 years	A record of each staff member who has Level 2 Food Hygiene will be in the folder within the room	L	1. 2. 3.
First Aid Any injuries/ incidents resulting in administration of first aid	Staff	• **Cooking leader** has first aid training • TA's who support cooking have up to date Emergency First Aid at the academy • EY TA's have Paediatric first Aid. • There is a **first aid kit** in the cooking room. • If a pupil has a minor accident or injury a First Aider will deal with the incident using the first aid kit and record the incident on an accident form. • If a pupil is seriously ill the parent/carer or a member of the academy staff will accompany the inured or ill child to hospital if necessary. The member of staff will remain there until parents/carer arrive or the child is released.		L	1. 2. 3.
Serving the parents Breakages	Pupils and Parents	• The children will dress the tables with cotton table cloths • The children will set the table with knives and forks and plastic glasses and jugs of water. • The children will serve the parents their food on a porcelain plate.	The children will be expected to carry the plate with two hands.	M	1. 2. 3.
Fire/ emergency Smoke inhalation, asphyxiation ,burns, death.	Staff, parents and pupils	• Pupils are aware of the fire procedures and would use the fire doors from the hall and walk around the outside of the building to the KS2 playground. • Fire wardens have up to date training and know their designated areas to check. • There are no planned fire drills during cooking sessions.	Fire Marshalls will check the building for designated areas.	M	1. 2. 3.
Insurance Liability insurance	Staff, parents and pupils	• The academy have liability insurance which is up to 5 million for any one claim.		L	1. 2. 3.

Signed:_____Cooking Leader
Name: Mrs Colleen Green
Date: 5.9.26

Signed: _____ Risk Assessor
Name: Mrs Emma Wanglin
Date:.9.26

'Learning from the cooking session'- reflections	Reflections by	Date

Date reviewed	Amendments made	Reviewed by	Next review
5.9.26	Addition of AirFryer	CGreen	5.927

Appendix 4

Cooking schedule

TUESDAY AND THURSDAYS Cooking (groups of 15)- 4 week cycle 1:15-2:45
2:45-3:15 parents invited to taste the food

Autumn term					
Block 1	Tuesday **Year 2** Thursday **Year 6**	8th Sep 10th Sep	15th Sep 17th Sep	22nd Sep 24th Sep	
Block 2	Tuesday **Year 3** Thursday **Year 5**	29th Sep 1st Oct	6th Oct 8th Oct	13th Oct 15th Oct	20th Oct 22nd Oct
Block 3	Tuesday **Year 4** Thursday **Year 1**	3rd Nov 5th Nov	10th Nov 12th Nov	17th Nov 19th Nov	24th Nov 26th Nov
(2nd cooking)	Tuesday **Year 2** Thursday **Year 6**	1st Dec 3rd Dec	8th Dec 10th Dec	15th Dec	

Spring term					
Block 1	Tuesday Year 3 Thursday Year 5	5th Jan 7th Jan	12th Jan 14th Jan	19th Jan 21st Jan	26th Jan 28th Jan
Block 2	Tuesday Year 4 Thursday Year 1	2nd Feb 4th Feb	9th Feb 11th Feb	23rd Feb 25th Feb	2nd March 4th March
Block 3	Tuesday Year 2 Thursday Year 6	9th March 11th March	16th March 18th March	23rd March 25th March	

Summer term						
Block 1	Tuesday Thursday	21st April 23rd April	28th April 30th May	5th May 7th May	**12th May** SATs **14th May** SATs	
		NO COOKING *In Year 6 as extra adult for supporting*				
Block 2	Tuesday Year 3 Thursday Year 5	18th May 20th May	1st June 3rd June	8th June 10th June	15th June 17th June	* Residential week – teach cooking in 3 groups of 20 and remove 1 week on dates
Block 3	Tuesday Year 4 Thursday Year 1	22nd June 24th June	29th June 1st July	6th July 8th July	13th July 15th July	