

Cooking at The Cavendish School

“Food is our common ground, a universal experience.” – James Beard

Cooking lessons at Cavendish help pupils develop the practical skills, confidence, and independence needed for adult life. Lessons are carefully structured to provide meaningful, hands-on experiences that are accessible to all learners and linked to everyday living.

Through cooking, pupils learn essential life skills such as following instructions, planning and preparing food, using kitchen equipment safely, and maintaining good hygiene. These skills support independence and help pupils apply learning to real-life situations, including making snacks, budgeting for ingredients, and choosing healthy foods.

Cooking also supports the development of communication, numeracy, and literacy. Pupils practise reading symbols or recipes, counting and measuring ingredients, and taking turns while working as part of a team.

In addition, cooking promotes personal and social development. Working together encourages cooperation, patience, independence, and respect for others, while completing a dish builds confidence and a sense of achievement.

Developing Key Skills and Knowledge through Participation in Cooking

Learning to cook strengthens a range of skills including:

- **Planning & organisation** – preparing ingredients, managing time, and coordinating steps
- **Problem-solving** – adjusting recipes, fixing mistakes, and adapting to what’s available
- **Attention to detail** – measuring accurately and following processes carefully
- **Multitasking** – handling several tasks at once (e.g., cooking, timing, prepping)
- **Food science knowledge** – understanding how heat and ingredients interact
- **Nutrition awareness** – knowing how to create balanced, healthy meals
- **Ingredient knowledge** – learning flavours, spices, and food combinations
- **Food safety** – proper storage, hygiene, and avoiding contamination
- **Technical cooking skills** – using tools, knife skills, and cooking methods
- **Creativity** – experimenting and developing your own dishes
- **Patience & discipline** – practicing and improving over time
- **Confidence & independence** – being able to cook for yourself and others
- **Social skills** – sharing food and understanding different cultures

School priorities and vision

Our school’s mission statement is ‘Enabling the Self’. As an International Baccalaureate School, our school has a variety of values that we feel are essential to our students’ development and journey with us. These are:



Aligned with the school vision of “enabling the self”, and grounded in the attributes of the IB Learner Profile, Cooking helps pupils become:

- **Knowledgeable** about types of ingredients and the nutrients they contain, recipes techniques and food safety.
- **Reflective** in evaluating their outcomes, learning from mistakes, adapting and improving.
- **Moral** and ethical values around the production of food, the respect for food and resources, sharing, generosity and the consideration of others.
- **Celebrating difference**, through exploring global cuisines and learning about different traditions.
- **Thinker**, through planning, problem solving and decision making.
- **Caring** for others’ tastes and needs, consideration for health and wellbeing and respect for resources and environment.
- **Communicators**, through explaining recipes and techniques, collaborating with others in the kitchen and expressing creativity through food presentation.
- **Balanced** through the combination of practical skill and creativity
- **Inquirers**, confident to explore ingredients, cuisines, recipes and techniques.
- **Courageous**, building confidence through practice and overcoming fear of mistakes.