



## NUMERACY THROUGH COOKING: UPPER KEY STAGE TWO

Cooking is a brilliant way to support teaching and learning within this age group. Here are a few great ideas to get started with.

### THE CONTEXT: HOT CHILLI

Discuss as a class whether you all like hot and spicy food or milder dishes, explaining that you can vary the heat in a recipe depending on what goes into it. Look at recipes for a chilli con carne and a spicy dip to see how many chillies the recipe suggests. Then, split the class into groups to try cooking with varying amounts of chilli to make mild, medium and hotter versions.

### THE ACTIVITIES

- **Just right:** Investigate the optimum number of chillies for the best taste – what percentage of the ingredients should the chilli make up?
- **Scale up:** Once you know the optimum amount of chilli for one serving size, how could you scale up the ingredients to serve more people?
- **A fraction of the taste:** Using a whole chilli, chop it into different fractions (eg halves, thirds, quarters, eighths) to use within recipes that serve fewer people

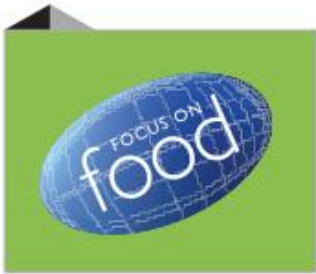
### THE CONTEXT: BAKING BUSINESS

Imagine that you own a bakery and consider with the class what baked products you might make and sell. Find some suitable recipes and bake them together as a class. How much would you sell them for? What factors would you consider to help you set the price?

### THE ACTIVITIES

- **Feed the crowds:** Explore scaling of recipes to feed different numbers by multiplying and dividing the ingredients, and solve problems where recipes are designed for 4 but you need to feed 3 etc
- **What's left:** After baking, estimate the quantity of each ingredient used as an approximate % and fraction (eg we've used up  $\frac{1}{8}$  of the vanilla essence and  $\frac{2}{3}$  of the flour). Use these percentages to adjust costs and calculate a 'price per unit' more accurately
- **Ratio rules:** Investigate the ratios of flour, fat, sugar and liquid in basic recipes for pastry, bread and cakes (eg shortcrust pastry has half fat to flour and 5ml of water for every 25g of flour), then present the results in a spreadsheet to find standard ratios
- **Match batch:** Plan, describe and draw how to shape an identical batch of bread rolls. Make them and assess the results for symmetry





## THE CONTEXT: FRESH FRUIT SALAD

Making a fruit salad is a great way to help children practice their knife skills and discover new healthy sweet foods – plus they can easily be made in a classroom environment.

- **Chop chop:** As you cut and prepare ingredients for a fruit salad, explore the size of angles using citrus fruit segments
- **Apples and oranges:** Using different types of round fruits, measure their circumference, diameter and radius of cross-sections. Extend this activity to investigate the relationship of circumference to diameter to find pi, and calculate the area of a circle

## THE CONTEXT: DINNER ON THE DOT

School meals are the healthiest lunchtime choice for children, giving them much-needed energy for the afternoon ahead and plenty of important nutrients. Discuss school dinners, who cooks them and how much preparation it must take to ensure that everyone gets fed within a certain time slot.

- **Watch and learn:** Ask to observe the school catering team at work and interview them to find out how they organise their time
- **Every second counts:** Create an accurate time plan showing how the catering team schedules the preparation, cooking and serving of a typical school meal
- **Make a meal of it:** Prepare a time plan and follow it to prepare and cook an end of year celebration meal

**TIP:** Find recipes online at [www.focusonfoodcookschool.co.uk](http://www.focusonfoodcookschool.co.uk) or order a *Skill Up, Start Cooking* pack at [www.focusonfood.org](http://www.focusonfood.org)

