

Licence to Cook questions and answers

June 2008



What is Licence to Cook?

Licence to Cook is an entitlement for all students in maintained secondary schools in England. It provides a programme to enable students to learn to cook and understand the principles of diet and nutrition, health and safety and wise food shopping.

Who is coordinating the Licence to Cook programme?

A consortium made up of the British Nutrition Foundation, The Design & Technology Association and the Specialist Schools and Academies Trust is coordinating the programme on behalf of the Department for Children, Schools and Families.

Do all students have to do the Licence to Cook?

All students have the **entitlement** to access the Licence to Cook programme. Although it is not a statutory part of the curriculum schools must provide access to the programme for their students if requested. For some schools that do not have practical food facilities there will have to be alternative arrangements made on a local basis.

How does this link with the new key stage 3 programme of study?

The programme has been planned so that it can be fully integrated into the new key stage 3 programme of study for design and technology: food. The programme will act as a framework, providing a comprehensive resource for the development of practical food skills, diet, nutrition, food safety and consumer topics. If you are delivering the Licence to Cook programme you will be meeting many of the requirements of section 3 making (range and content) in food technology.

Does it replace key stage 3 food technology?

No, it is a **minimum** entitlement for all students in secondary schools. It is **not** intended that the programme replaces the food technology curriculum or that the programme provides the only food education for students. The Licence to Cook programme is designed to integrate into the new key stage 3/4 curriculum for design and technology: food technology. Online resources will provide schools with materials to supplement their own curriculum. The resources can be used flexibly to enhance an existing, established scheme of work or in entirety where curriculum plans are not in place.

How many hours of cooking do I need to plan in my scheme of work?

The **minimum entitlement** is for all students to access at least 16 hours of cooking. Remember this is the minimum – it is likely that most schools will offer more than this

across key stage 3. The entitlement can be phased in the same way as the implementation of the new key stage 3 curriculum.

Will this reduce time for food technology?

This will depend on how much time you have at key stage 3 already, but for some schools this will increase the number of practical lessons required. If you have a good key stage 3 programme in place, this may already meet most of the requirements for the Licence to Cook. It is intended that **most** schools deliver the Licence to Cook through their existing modified key stage 3 schemes of work.

Do I have to re-write my current scheme of work?

All design and technology departments will be taking the opportunity to review their scheme of work against the new programme of study for key stage 3. It is therefore an ideal time to look at the change in emphasis in food technology and incorporate the Licence to Cook programme in the scheme of work for food. It is likely that many schools will see that they are currently covering some, if not the majority of the practical and theory aspects of the programme in their current schemes of work.

What can I do in 60 minute lessons?

The programme has been designed with 60 minute lessons in mind. The resources and suggested practical activities have been trialled in lead practitioner schools. Schools working with lessons that are less than 60 minutes long can adapt the programme to meet their needs.

What does the programme cover?

The Licence to Cook provides focused work around four core competences which students should have gained by the time they leave school at 16. These areas of work are based on the Food Standards Agency core competences.

The four areas are:

- Diet and nutrition
- Food safety and hygiene
- Consumer awareness
- Basic cooking skills

Do I have to follow the recipes given in the Licence to Cook programme?

No. The recipes are suggestions only. If you have recipes that you currently use and they meet the aims and objectives of the practical units, go ahead and adapt the programme to meet your local needs.

What happens if a school does not have practical food facilities?

All students have an entitlement to be involved in this programme, therefore local solutions will need to be brokered to ensure all students are able to take part. The solution will vary according to need and provision, but might include working with a local college, another school, summer school, activity week or Lets Get Cooking club.

How much will it cost?

The Licence to Cook programme is funded by the DCSF and therefore the programme materials and training are free to all maintained secondary schools in England. The programme cannot fund ingredients; however there will be an indication of costing per student for the suggested recipes and your local lead practitioner can give you advice about approximate cost. Individual schools will need to make decisions about how ingredients will be sourced for students.

How many computers will we need?

The emphasis of the programme is on developing practical cooking skills and knowledge. Access to computers will be required for students to undertake the differentiated online tutorials and multiple-choice assessment tests. Departments will need to plan ahead to access ICT suites/rooms to enable the students to complete their Licence to Cook. You do not need any special software, just internet access. All of the online resources can be downloaded and printed if required, so if you prefer to access the Licence to Cook offline, this is possible.

What do my senior management team need to know about?

All Headteachers will receive information explaining the requirements of the Licence to Cook programme and the implications for implementation in school. For some schools, the increase in practical lessons may require increased technician support. Food teachers will also need to investigate how the programme is to be integrated into the curriculum, how the funding will be managed and implications for staffing.

Where can I find out about my local lead practitioner?

Information about your local lead practitioner is available on www.licencetocook.org.uk under the 'Licence to Cook: lead practitioners' tab. Your lead practitioner can give you advice on training and support with alternative provision.

How will the changes affect food based GCSEs and other courses?

QCA has been working with the awarding bodies, together with the British Nutrition Foundation and the D&T Association to improve both current and future food examinations. There has been some disquiet that the exams had become too industrial-focused and not sufficient attention was being paid to nutrition, particularly in the exam papers. QCA will be requiring the exam boards to use the FSA core competences to underpin the current and new specifications. As the core competences already underpin the 2008 key stage 3 and Licence to Cook, progression will be maintained.

How does Licence to Cook link with the Healthy Schools programme?

Licence to Cook will provide schools with excellent evidence that will contribute to meeting criterion 2.1 2.2 and 2.9 of the healthy eating theme.

When can I get the online resources?

The Licence to Cook team began training schools in March 2008. Dates for training are being updated frequently and events will be run until March 2009. Schools may book on to an event in their area by visiting www.licencetocook.org.uk.

What if I am not able to access training or prepare for Licence to Cook before September 2008?

If you are unable to attend training before September 2008 you can download an overview of the programme resources from the Licence to Cook website. This will provide you with enough information to assist with planning and the revision of schemes of work. Remember that although the Licence to Cook starts in September 2008 you can phase the introduction of the programme into your work in preparation for 'compulsory cooking' in the curriculum in 2011. Training events will be held through until March 2009 to enable all schools to access the resources and support from the lead practitioner team.

What is in the Licence to Cook teaching resources?

To help with forward planning of the key stage 3 curriculum you may find the following information useful. The Licence to Cook is about students learning to cook and understanding more about food. The **minimum entitlement** for all students is to:

- experience 16 hours of basic cooking - the course provides 16 structured units, which can be delivered through 3 progressive modules, outlining cooking activities, supported by teacher guidance, recipes, photographs, writing frames and PowerPoint presentations;
- have 3 hours of learning about diet and nutrition, wise food shopping and hygiene and safety – supported by face-to-face lesson suggestions;
- be allowed 5 hours to undertake 9 exciting differentiated interactive tutorials based on the 4 learning areas.

Basic Cooking skills

The basic cooking skills section is based on students experiencing a minimum of 16 hours of practical cooking. For ease, the resources provided have been developed into 16 x 1 hour cooking sessions. They have been created in response to teacher and student feedback, and accommodate current 'custom and practice', while also showcasing ideas with student appeal. Within each unit there is comprehensive guidance, suggestions and jumping-off points for extending activities.

For each unit, 2 recipes and accompanying lesson plans are suggested. These are provided as they help to teach particular skills and techniques, e.g. using the hob safely. However, if you have established lesson plans and/or recipes, which support the aims and objectives of these units they can be used instead. The suggested recipes have been costed to give an indication of the funding requirements.

Diet and nutrition, wise food shopping and hygiene and safety

The other 3 learning areas, diet and nutrition, wise food shopping and hygiene and safety, are the theory content of the programme. These can be taught at any time through face-to-face teaching sessions and online tutorials. The learning areas can be taught in any order. They have been designed to be flexible and allow you to decide on the best approach to use. These areas are also referenced in each cooking session, to ensure that messages are understood and implemented in practice.

Learning area	What happens?
<i>Basic cooking skills</i>	<ul style="list-style-type: none"> • 16 x 1 hour hands-on cooking sessions, delivered through 3 progressive modules • 3 teacher observations of students' practical work • 3 online tutorials
<i>Diet and nutrition</i>	<ul style="list-style-type: none"> • 1 x 1 hour face-to- face session • 2 online tutorials
<i>Wise food shopping</i>	<ul style="list-style-type: none"> • 1 x 1 hour face-to- face session • 2 online tutorials
<i>Hygiene and safety</i>	<ul style="list-style-type: none"> • 1 x 1 hour face-to- face session • 2 online tutorials

Licence to Cook Certificate

To be awarded with a personalised Licence to Cook certificate, students need to experience the entire course. To be eligible, students need to complete the 9 tutorials (from the 4 learning areas) and be observed while cooking on three occasions. The observation of their practical work is an important aspect of the course. This ensures that students have cooked, as well as learned about healthy eating, shopping and hygiene.

How will I manage the programme in school?

The Licence to Cook resources have a comprehensive online management tool for teachers. It allows you to create and maintain student groups, monitor student progress and award certificates upon successful completion.

What are the benefits of the programme?

Licence to Cook can support:

- Healthy Schools status, particularly through the healthy eating criteria;
- the Every Child Matters agenda;
- the new key stage 3 curriculum;
- the Food Standards Agency's core food competences;
- the specialist schools agenda;
- the delivery of consistent and up-to-date information;
- good teaching and learning about food.

Can other members of staff help to deliver the programme?

Yes. It may be an opportunity to work with colleagues from other curriculum areas such as science and PSHE to deliver different aspects of the programme. It also ensures that the students are receiving consistent messages, for example about using the 'eatwell plate' as an approach to achieving a healthy balanced diet.

Cooking to be compulsory for 11-14 year old students from 2011: questions and answers

The move comes as part of the joint obesity strategy which Alan Johnson and Ed Balls launched on 23 January 2008.

When do the compulsory cooking lessons have to be introduced?

Food technology will be a compulsory key stage 3 curriculum entitlement for every 11-14 year old from September 2011.

How will the lessons be delivered?

The curriculum will be delivered through food technology lessons, involving practical cooking lessons and classes on diet, nutrition, hygiene and healthy food shopping. The new secondary curriculum, announced last year and introduced in September 2008, deliberately focuses on practical cooking skills and knowledge, and less on food manufacturing processes, packaging and marketing.

What about schools that do not have food technology facilities?

The DCSF states that approximately 85% of secondary schools currently offer food technology and have their own teaching facilities; however all remaining secondary schools will build or modernise good food technology facilities and equipment on their own site or share at neighbouring schools or colleges so that every child can learn in up to date kitchens ready for 2011.

Will there be any financial help for students on free school meals?

Yes. The Government will target an extra £2.5 million a year when lessons become compulsory to cover or subsidise the cost of cooking ingredients for pupils on free school meals, to ensure that no child is disadvantaged.

What will the students be making in these lessons?

There are no details yet but in his announcement Ed Balls said “simple cooking is a fundamental skill that every person should master – it is at the heart of tackling obesity and will enable future generations to understand food, diet and nutrition, and put together healthy meals for their entire lives. That is why we are asking people to email in to getcooking.consultation@dcsf.gsi.gov.uk with suggestions for simple healthy recipes which young people could learn.”

Who will teach these lessons?

Around 800 new food technology teachers will be trained through Initial Teacher Training over the next three years and another 150 teachers will enter the profession through employment-based routes. There will also be a programme to train Higher Level Teaching Assistants (HTLAs) who will specialise in cooking.

Are Academies expected to follow this new curriculum?

Yes. The Government expects Academies to offer cookery courses as they all have or will have high quality cooking facilities. There are already many examples of good practice such as the Oasis academies and Trinity Academy.

How does this affect the Licence to Cook programme?

The non-statutory cooking entitlement (Licence to Cook) for 11-16 year olds starts in September 2008. The programme will be offered to all secondary schools with additional support and training by March 2009 so that all pupils are entitled to learn cooking, whether or not their school currently offers food technology, beginning in September this year. This will mean everyone gets the opportunities, whether in cooking clubs, activity weeks or normal lessons, until food technology becomes compulsory as part of the curriculum in 2011.

Further details on how Licence to Cook fits in with future curriculum developments will be added as soon as they are available.