

Dear lovely teacher

First of all, I want to say a massive THANK YOU. You have one of the most important jobs in the country, especially as you're teaching young people how to cook. This skill is vitally important for the health and success of our future generations. Over the past few decades, we seem to have forgotten this. My goal is that together we can raise the profile of good food and food education in schools, and prove to the government that it deserves a prominent place in their health and education policies.

There are so many benefits to having food education on the curriculum. Not only does it showcase some great potential career options, it's also an essential life skill. Everyone should have the opportunity to learn to cook because without it we become dependent on others to feed us, or on convenience foods – neither of which is sustainable. It's crucial young people have a good understanding of where food comes from, how to cook it and how it affects our bodies. And we have a great opportunity to do just that, to ensure the next generation grows up food smart.

I'm often asked what are the 10 most important cooking skills children should learn before they leave school, so I've created a resource pack that covers just that. Of course, there is so much more to learn, but these are the 10 that I believe are fundamental for any young cook.

I hope my recipes and lesson plans help you get the very best out of your classes – I can't wait to hear how you get on – and please contact my team with any questions or thoughts.

Good luck!

Big love,

A handwritten signature in black ink that reads "Jamie". The signature is fluid and cursive, with a large loop at the end.

# INTRODUCTION

## TO THE JAMIE OLIVER 10 SKILLS PROGRAMME

Welcome to Jamie Oliver's 10 Skills Programme. Here you'll find lesson plans, supporting materials, videos, and lots of delicious and nutritious Jamie Oliver recipes.

We have structured the resource around 10 core, practical lessons that each focus on key cooking skills. Every lesson is supported by additional teaching resources, which also cover topics like nutrition and food waste.

Here at Jamie Oliver's Ministry Of Food, we believe that incorporating nutrition messages into cooking lessons is hugely beneficial for students' learning, helping them understand how it can be practically applied in their everyday cooking and food choices.

We hope that these practical lessons provide children with an important starting point and introduction to the wonderful world of food and cooking.

### For each of the lessons, we have provided:

- ❑ A one-hour lesson plan
- ❑ Basic recipes, plus next-step recipes
- ❑ Relevant supporting resources
- ❑ Videos to support demonstrations of food skills, recipes and techniques (these might be added a bit later)

# LEARNING OBJECTIVES

Over the following pages, we outline the objectives for each lesson, as well as the suggested supporting resources and recipes. But this is just a guide, the lessons can be used flexibly.

They can be integrated into the KS3 schemes of work where Food Preparation & Nutrition is already being delivered, or can be used as stand-alone schemes of learning. For example, using the suggested recipes for one year group (eg, Year 7) and the differentiated recipes for progression for subsequent year groups.

We have created a useful skills mapper to help support the programme. The recipes include a variety of dishes from different countries and will therefore enhance learning about food from other cultures/countries.

Before you start any lesson, please check the allergens in the recipes against the students' dietary needs – while this information is provided, individual ingredient allergens may differ, so it's best to double check – and that you have completed a risk assessment.

Lesson	Learning outcomes	Skills	Knowledge	Supporting resources	Recipes
1. BREAKFAST	<ul style="list-style-type: none"> <li><input type="checkbox"/> To know the importance of eating breakfast</li> <li><input type="checkbox"/> To learn about the Eatwell Guide</li> <li><input type="checkbox"/> How to make a simple pancake batter and cook pancakes, understanding the importance of timings when cooking</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Measuring with cups</li> <li><input type="checkbox"/> How to crack eggs</li> <li><input type="checkbox"/> Whisking</li> <li><input type="checkbox"/> Mixing/making a batter</li> <li><input type="checkbox"/> How to control heat</li> <li><input type="checkbox"/> The importance of timing when cooking</li> <li><input type="checkbox"/> Flipping</li> <li><input type="checkbox"/> The principles of using the hob safely to fry</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Food safety: how to understand best-before dates, how to store eggs and the welfare standards for egg labels</li> <li><input type="checkbox"/> How to apply the basic principles of the Eatwell Guide to create a balanced breakfast</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The Eatwell Guide</li> <li><input type="checkbox"/> All about breakfast</li> <li><input type="checkbox"/> All about eggs</li> <li><input type="checkbox"/> What do the egg labels mean? activity</li> <li><input type="checkbox"/> Buddy makes pancakes video</li> <li><input type="checkbox"/> How to crack eggs video</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>One-cup pancakes</b></li> </ul> <p>Next-step recipes:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Buddy's savoury breakfast muffins</li> <li><input type="checkbox"/> Scrambled eggs</li> <li><input type="checkbox"/> Poached eggs</li> <li><input type="checkbox"/> Porridge &amp; toppings</li> </ul>

Lesson	Learning outcomes	Skills	Knowledge	Supporting resources	Recipes
2. BLITZ & BAKE	<ul style="list-style-type: none"> <li>❑ How to use a range of knife skills including the rock chop and bridge hold</li> <li>❑ How to create a lower-salt version of a popular convenience food</li> <li>❑ How to read a food label</li> </ul>	<ul style="list-style-type: none"> <li>❑ Knife skills</li> <li>❑ How to use a peeler</li> <li>❑ Simmering and boiling</li> <li>❑ How to control heat</li> <li>❑ The importance of timing when cooking</li> <li>❑ How to use a hand blender</li> <li>❑ Using the hob</li> </ul>	<ul style="list-style-type: none"> <li>❑ How to use nutrition information on food labels to help make informed food choices</li> <li>❑ The importance of eating less salt</li> </ul>	<ul style="list-style-type: none"> <li>❑ All about salt</li> <li>❑ How to read a food label</li> <li>❑ The Eatwell Guide</li> <li>❑ Knife skills</li> <li>❑ Knife skills video</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Tomato soup</b></li> <li>❑ <b>Soda bread</b></li> </ul> <p>Next-step recipes:</p> <ul style="list-style-type: none"> <li>❑ Lentil &amp; spinach soup</li> <li>❑ Superb squash soup</li> </ul>
3. PASTA MASTER	<ul style="list-style-type: none"> <li>❑ How to cook pasta and make a simple tomato sauce</li> <li>❑ How to make a simple green salad and a salad dressing</li> <li>❑ The importance of portion size and the impact this can have on reducing food waste</li> </ul>	<ul style="list-style-type: none"> <li>❑ Knife skills</li> <li>❑ Boiling and simmering</li> <li>❑ How to control heat</li> <li>❑ The importance of timing when cooking</li> <li>❑ Checking pasta is cooked</li> <li>❑ Draining pasta in a colander</li> <li>❑ Making an emulsification</li> <li>❑ Using the hob</li> </ul>	<ul style="list-style-type: none"> <li>❑ The benefits of choosing wholegrains and how to cook a dish using wholegrain ingredients</li> <li>❑ The importance of portion size and the impact this can have on reducing food waste</li> </ul>	<ul style="list-style-type: none"> <li>❑ How to cookpasta</li> <li>❑ All about carbohydrates</li> <li>❑ The Eatwell Guide</li> <li>❑ Boiling and simmering video</li> <li>❑ Knife skills</li> <li>❑ Knife skills video</li> <li>❑ All about food waste and sustainability</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Classic tomato spaghetti</b></li> <li>❑ <b>Dressed green salad</b></li> <li>❑ <b>Jam jar dressings</b></li> </ul> <p>Next-step recipes:</p> <ul style="list-style-type: none"> <li>❑ Buddy's portable pasta salad</li> <li>❑ Basic pizza</li> <li>❑ 50:50 Bolognese</li> <li>❑ 50:50 vegan Bolognese</li> </ul>

# MINISTRY OF FOOD

♥ JAMIE OLIVER

Lesson	Learning outcomes	Skills	Knowledge	Supporting resources	Recipes
4. WRAP IT UP	<ul style="list-style-type: none"> <li>❑ How to prepare raw chicken avoiding cross contamination</li> <li>❑ How to check if chicken is cooked</li> <li>❑ How to make small, positive changes to your diet</li> </ul>	<ul style="list-style-type: none"> <li>❑ Knife skills</li> <li>❑ Deseeding peppers</li> <li>❑ How to prepare chillies</li> <li>❑ How to prepare/handle chicken</li> <li>❑ Squeezing citrus juice</li> <li>❑ How to marinate</li> <li>❑ How to destone an avocado safely</li> <li>❑ How to control heat</li> <li>❑ The importance of timing when cooking</li> <li>❑ How to pan-fry using the hob</li> </ul>	<ul style="list-style-type: none"> <li>❑ Food hygiene and cross-contamination when handling chicken</li> <li>❑ How to understand chicken welfare standards</li> <li>❑ How to include lower-fat dairy products in your dishes</li> </ul>	<ul style="list-style-type: none"> <li>❑ All about chicken</li> <li>❑ All about protein</li> <li>❑ All about dairy</li> <li>❑ The Eatwell Guide</li> <li>❑ Knife skills</li> <li>❑ Knife skills video</li> <li>❑ How to slice an onion video</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Chicken fajitas with guacamole</b></li> </ul> <p>Next-step recipes:</p> <ul style="list-style-type: none"> <li>❑ Buddy's mini quiches</li> <li>❑ Brilliant veg burritos</li> </ul>

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5. CATCH OF THE DAY	<ul style="list-style-type: none"> <li>❑ How to make a fish patty, and cook, dress and season green veg</li> <li>❑ How to cook a recipe using oily fish and the importance of omega-3 in a healthy diet</li> <li>❑ To understand the importance of fish sustainability</li> </ul>	<ul style="list-style-type: none"> <li>❑ Knife skills</li> <li>❑ How to use a peeler</li> <li>❑ How to mash</li> <li>❑ How to zest</li> <li>❑ How to crack an egg and whisk</li> <li>❑ Using an egg to bind a mixture</li> <li>❑ Combining and shaping</li> <li>❑ How to open a tin</li> <li>❑ How to cook, dress and season green veg</li> <li>❑ The importance of timing when cooking</li> <li>❑ Seasoning and adapting flavours using herbs and citrus</li> <li>❑ How to control heat</li> <li>❑ The importance of timing when cooking</li> <li>❑ How to pan-fry using the hob</li> </ul>	<ul style="list-style-type: none"> <li>❑ Why we need fat in our diet and the different types of fat</li> <li>❑ Oily fish and the importance of omega-3 as part of a healthy diet</li> <li>❑ Understanding fish sustainability</li> </ul>	<ul style="list-style-type: none"> <li>❑ All about fat</li> <li>❑ Knife skills</li> <li>❑ Knife skills video</li> <li>❑ Video: How to cross chop video</li> <li>❑ Buddy's salmon fishcake video</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Salmon fishcakes</b></li> <li>❑ <b>Brilliant broccoli</b></li> <li>❑ <b>Lemony green beans</b></li> </ul> <p>Next-step recipes:</p> <ul style="list-style-type: none"> <li>❑ Teryaki-glazed salmon</li> </ul>

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6. GET YOUR GRILL ON	<ul style="list-style-type: none"> <li>❑ How to use your nutritional knowledge and cooking skills to make and adapt healthier versions of popular convenience foods</li> <li>❑ How to cook with minced meat</li> <li>❑ All about saturated fat in the diet</li> </ul>	<ul style="list-style-type: none"> <li>❑ Knife skills</li> <li>❑ Making fresh breadcrumbs</li> <li>❑ Combining and shaping to make a patty</li> <li>❑ How to use a grater</li> <li>❑ How to control heat</li> <li>❑ The importance of timing when cooking</li> <li>❑ Using the hob to griddle</li> <li>❑ Using the oven to bake</li> </ul>	<ul style="list-style-type: none"> <li>❑ About saturated fat in the diet</li> <li>❑ Using the Eatwell Guide and understanding the food groups and the nutrients they provide</li> <li>❑ How to avoid cross-contamination when cooking with meat</li> </ul>	<ul style="list-style-type: none"> <li>❑ All about fat</li> <li>❑ All about protein</li> <li>❑ All about dairy</li> <li>❑ The Eatwell Guide</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>A cracking burger</b></li> <li>❑ <b>Potato wedges</b></li> <li>❑ <b>The best crunchy coleslaw</b></li> </ul> <p>Next-step recipes:</p> <ul style="list-style-type: none"> <li>❑ Chargrilled chicken kebabs</li> <li>❑ Grilled rosemary chicken</li> </ul>
7. VEG OUT	<ul style="list-style-type: none"> <li>❑ How to make a balanced vegetarian dish</li> <li>❑ The benefits of eating less meat as part of a balanced diet, and more about vegetarian diets</li> <li>❑ The importance of fibre in our diets</li> </ul>	<ul style="list-style-type: none"> <li>❑ Knife skills</li> <li>❑ How to use a peeler</li> <li>❑ Deseeding peppers</li> <li>❑ How to open a tin</li> <li>❑ Simmering and boiling</li> <li>❑ How to cook and flavour with spices</li> <li>❑ Draining</li> <li>❑ How to control heat</li> <li>❑ The importance of timing when cooking</li> <li>❑ Using the hob to make a sauce</li> <li>❑ Using the oven to bake</li> </ul>	<ul style="list-style-type: none"> <li>❑ Vegetarianism</li> <li>❑ Eating less meat as part of a balanced diet</li> <li>❑ The importance of fibre</li> </ul>	<ul style="list-style-type: none"> <li>❑ All about protein</li> <li>❑ All about carbohydrates</li> <li>❑ The Eatwell Guide</li> <li>❑ Knife skills</li> <li>❑ Knife skills video</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Veggie chilli</b></li> </ul> <p>Next-step recipes:</p> <ul style="list-style-type: none"> <li>❑ Buddy's movie-night veggie nachos</li> <li>❑ Vegan m'hanncha</li> </ul>

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8. THE FRY'S THE LIMIT	<ul style="list-style-type: none"> <li>❑ The principles of stir-frying</li> <li>❑ The importance of 5-a-day and eating a variety of fruit and vegetables</li> <li>❑ How to actively minimise food waste by storing vegetables correctly and composting</li> </ul>	<ul style="list-style-type: none"> <li>❑ Knife skills (including julienne slicing)</li> <li>❑ Making a glaze</li> <li>❑ How to use a peeler</li> <li>❑ How to control heat</li> <li>❑ The importance of timing when cooking</li> <li>❑ Stir-frying in a wok using the hob</li> </ul>	<ul style="list-style-type: none"> <li>❑ Food hygiene and cross-contamination when handling chicken</li> <li>❑ How to adapt a recipe considering dietary requirements and seasonal ingredients</li> <li>❑ Food waste, seasonality and sustainability</li> <li>❑ The importance of 5-a-day</li> </ul>	<ul style="list-style-type: none"> <li>❑ All about 5-a-day</li> <li>❑ All about food waste and sustainability</li> <li>❑ All about protein</li> <li>❑ The Eatwell Guide</li> <li>❑ Knife skills</li> <li>❑ Knife skills video</li> <li>❑ How to stir-fry video</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Stir-fry noodles</b></li> </ul> <p>Next-step recipes:</p> <ul style="list-style-type: none"> <li>❑ Nasi goreng</li> </ul>
9. FRIDAY NIGHT FAKEAWAY	<ul style="list-style-type: none"> <li>❑ How to make a curry from scratch</li> <li>❑ How to apply what you have learned about salt in your diet into practice, by creating a lower salt version of a popular (high salt) takeaway food</li> <li>❑ All about the cost of food waste from takeaway meals in the UK</li> </ul>	<ul style="list-style-type: none"> <li>❑ Knife skills</li> <li>❑ How to use a peeler</li> <li>❑ How to peel ginger</li> <li>❑ How to cook and flavour with spices</li> <li>❑ How to cook perfect rice</li> <li>❑ Simmering and boiling</li> <li>❑ How to control heat</li> <li>❑ The importance of timing when cooking</li> <li>❑ Using the hob</li> </ul>	<ul style="list-style-type: none"> <li>❑ How to store and reheat rice safely</li> <li>❑ The importance of reducing salt</li> <li>❑ Price comparisons of ready-made food to home-made</li> </ul>	<ul style="list-style-type: none"> <li>❑ All about protein</li> <li>❑ All about salt</li> <li>❑ All about food waste and sustainability</li> <li>❑ The Eatwell Guide</li> <li>❑ How to use a box grater</li> <li>❑ Knife skills</li> <li>❑ Buddy's easy chickpea curry video</li> <li>❑ Knife skills video</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Easy chickpea curry</b></li> <li>❑ <b>Perfect rice</b></li> </ul> <p>Next-step recipes:</p> <ul style="list-style-type: none"> <li>❑ Buddy's crispy chicken with slaw, corn and wedges</li> <li>❑ Thai green curry</li> </ul>

Lesson	Learning outcomes	Skills	Knowledge	Supporting resources	Recipes
10. MEAL MAKERS	<ul style="list-style-type: none"> <li>❑ How to make a delicious two-course meal</li> <li>❑ How to make a nut-free pesto</li> <li>❑ The importance of time management when cooking</li> </ul>	<ul style="list-style-type: none"> <li>❑ Knife skills</li> <li>❑ Toasting in a pan</li> <li>❑ The importance of time management (dovetailing) when cooking</li> <li>❑ How to use a food processor</li> <li>❑ Using the oven for roasting</li> </ul>	<ul style="list-style-type: none"> <li>❑ The difference between natural sugar and free sugars</li> <li>❑ Food hygiene and cross-contamination when handling chicken</li> </ul>	<ul style="list-style-type: none"> <li>❑ All about chicken</li> <li>❑ All about sugar</li> <li>❑ The Eatwell Guide</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Pesto chicken traybake</b></li> <li>❑ <b>Simplest fruit salad</b></li> </ul> <p>Next-step recipes:</p> <ul style="list-style-type: none"> <li>❑ Perfect roast chicken</li> <li>❑ A consistency good gravy</li> <li>❑ Whole roasted cauliflower</li> <li>❑ Party-time fruit kebabs</li> </ul>

“Cooking, nutrition knowledge, shopping, food is key to it all. If we’re not taught to cook, if healthier affordable options aren’t available, if we’re not given basic nutrition info about food, that’s when we’re in trouble.” Jamie

## Timings

Each lesson plan has been created to fit a 1-hour lesson, but we understand that circumstances in each school will be different. You may need to make modifications to suit your timetable and facilities. For example, demonstrate or cover key skills and topics in separate lessons, measure or prepare ingredients in advance or get students to work in pairs or small groups.

## Oven heat

Please note that our oven temperatures are for a fan oven, so if you have a conventional oven, you’ll need to increase the temperature by 10°C.

## Dietary requirements and allergens

It is vital you check your students’ dietary requirements and any allergies before the lessons. All the recipes can be adapted for a range of dietary needs. We have provided vegetarian and vegan options on each recipe. For other dietary requirements, such as gluten allergies or intolerance, we have endeavoured to make it as easy as possible to make ingredient swaps, such as using gluten-free pasta or bread instead.

## Talking about food

While it’s important for young people to learn about food and the role it plays in nourishing our bodies and our future health, some children may be vulnerable to the discussions around nutrition. Aside from influencing our physical health, what we eat can reflect psychological, social and cultural factors and should be discussed sensitively. We recommend focusing on why we need nutritious food to fuel our bodies, rather than labelling foods as ‘good’ or ‘bad’, or getting children to focus on calories and grams. It’s important children understand there is a place for all food in our diets, but that our health is supported by having some foods more often than others. If there are any concerns or signs of a child struggling with poor body image or an eating disorder, ensure this is raised with the school’s safeguarding lead, and discuss relevant local mental health support services.

Thank you!