

"Individually we ASPIRE, together we EXCEED"

At Park Aspire AP Academy, our Cooking curriculum provides pupils from KS1 to KS3 with practical experiences, inspiring a love of cooking and promoting essential life skills. Recognising varied pupil backgrounds and placement durations, our bespoke curriculum rapidly addresses gaps in cooking knowledge and skills.

Cooking at Park Aspire extends beyond food preparation, nurturing confidence, independence, and responsibility, equipping pupils with lifelong skills.

Key Principles of Our Cooking Curriculum:

- 1. Inclusive and Engaging:**
Accessible, hands-on cooking experiences enable all pupils to safely and confidently prepare nutritious dishes, irrespective of previous experience or length of stay.
- 2. Healthy Eating and Life Skills:**
Pupils develop skills in nutrition, meal planning, food hygiene, and practical cooking techniques, encouraging independence and lifelong healthy eating habits.
- 3. Closing Gaps and Building Confidence:**
Pupils revisit foundational cooking skills through practical learning, building resilience, teamwork, self-esteem, and personal responsibility, fostering pride and enjoyment in cooking.

Success Measures

We measure the impact through:

- 1. Engagement and Independence:**
Pupils demonstrate increased confidence, enthusiasm, and independence, safely using cooking techniques both in school and at home.
- 2. Essential Cooking Skills:**
Pupils make clear progress in cooking skills, nutritional knowledge, and meal planning, confidently applying skills to create balanced meals.
- 3. Personal Growth and Healthy Choices:**
Pupils show improved self-esteem, teamwork, resilience, and personal responsibility, consistently making informed, healthy food choices and enjoying cooking activities.

At Park Aspire AP Academy, our Cooking curriculum develops confident, independent individuals who value cooking, health, and lifelong practical skills.



We support each pupil to ASPIRE to their potential, achieve 'PERSONAL EXCELLENCE' and EXCEED their expectations.



PRIDE, ACHIEVE, RESPECT, KINDNESS