

# Life Skills for the future: Year 7 and 8 Cooking Curriculum



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UNIVERSITY OF NEW ZEALAND

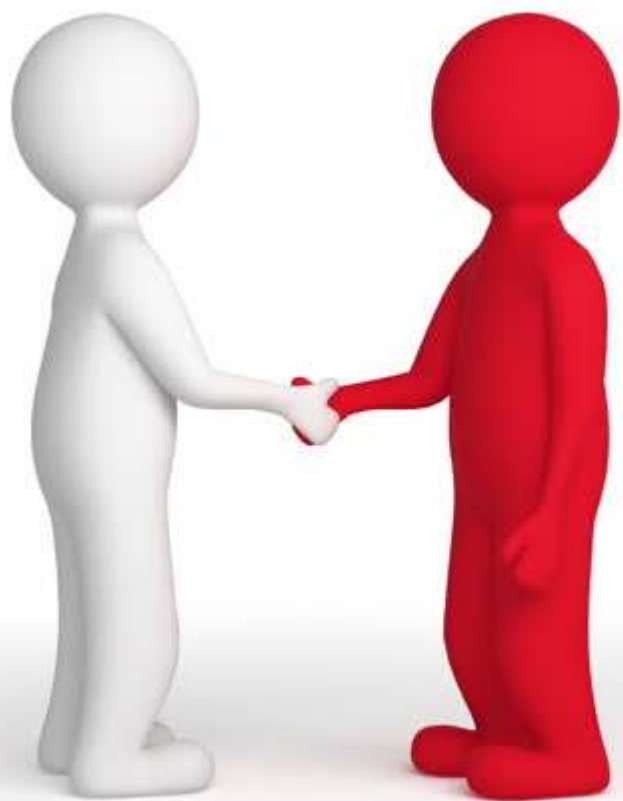




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***“It is expected that all students are given the opportunity to learn practical cooking skills by the end of Year 8”***

*- Ministry of Education, 2007*

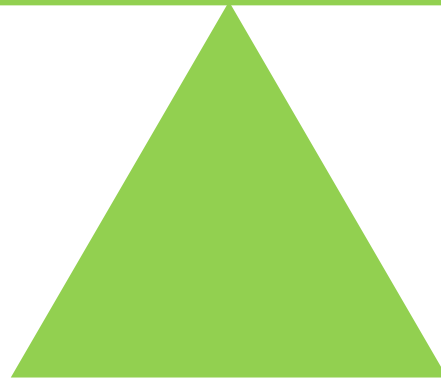




# Which curriculum?

**Technology**

**Health and  
Physical Education**



# 102 teachers spread throughout New Zealand



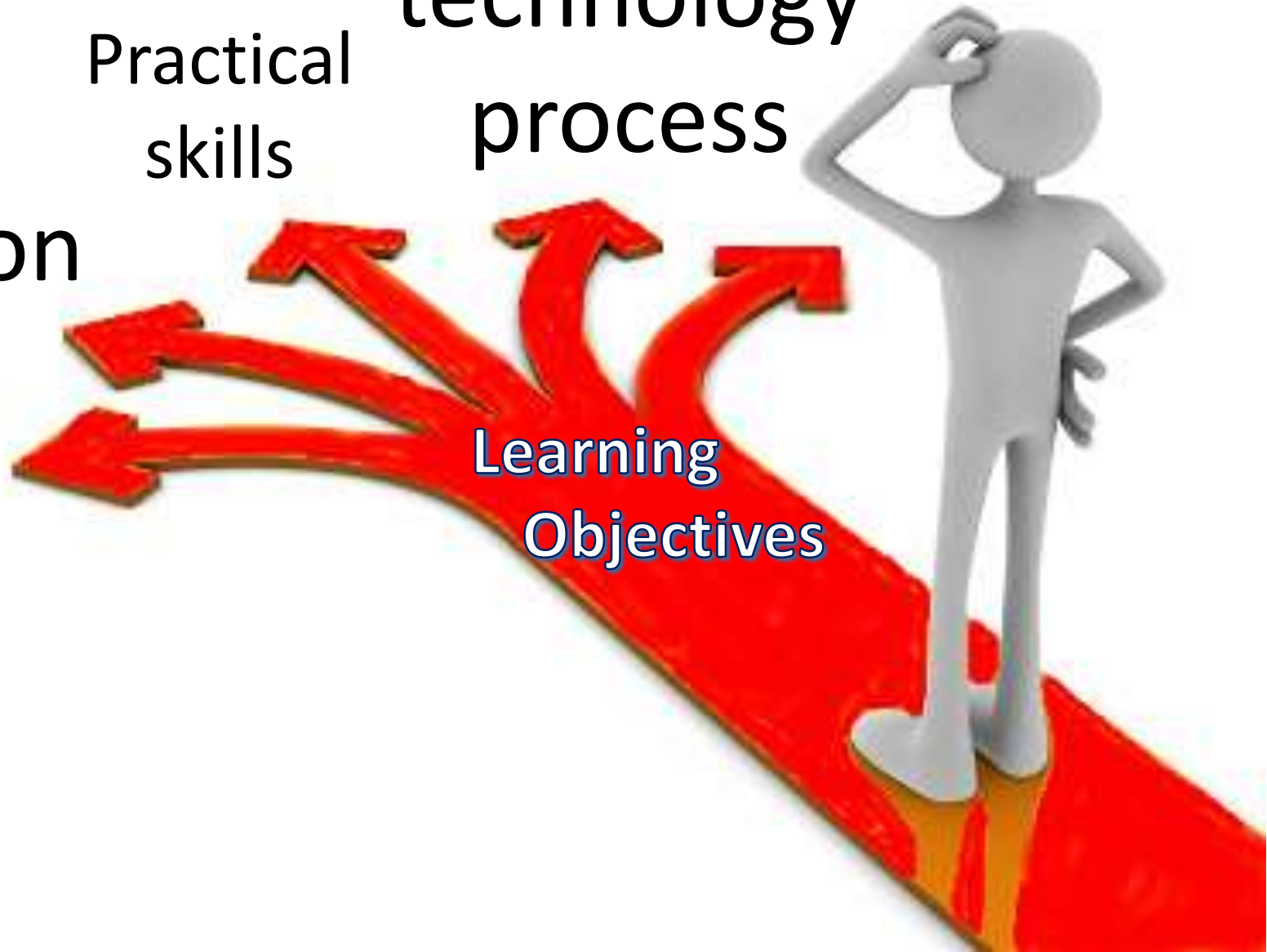
# The technology process

Practical  
skills

Nutrition

Food safety  
and hygiene

Learning  
Objectives





**Plan and  
prepare a  
complete  
meal**



**Brief**

```
graph TD; A[Brief] --> B[Design]; B --> C[Produce]; C --> D[Evaluate];
```

A flowchart illustrating a four-step process. The steps are arranged diagonally from top-left to bottom-right. Each step is contained within a colored rounded rectangle: 'Brief' is red, 'Design' is orange, 'Produce' is green, and 'Evaluate' is dark blue. The text is white with a blue drop shadow. Light brown L-shaped arrows connect the steps in sequence.

**Design**

**Produce**

**Evaluate**





Certified  
**GF**  
Gluten-Free



# Nutrition messages varied widely



Protein



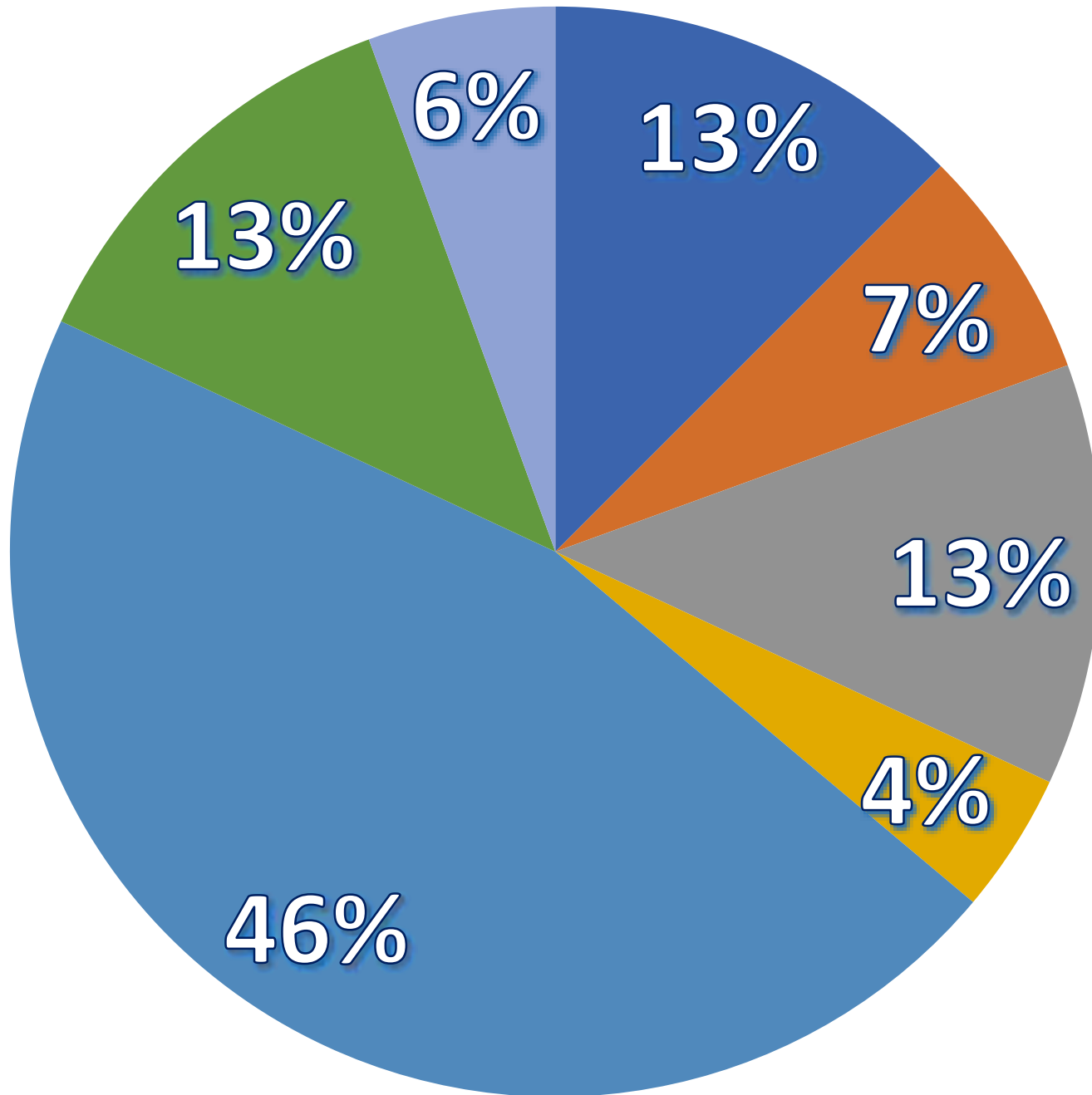
Carbs



Fat







■ Baked item

■ Breakfast item

■ Dessert item

■ Drink item

■ Main meal item

■ Side-dish item

■ Snack item

**Include Food and  
Nutrition in the  
STEM curriculum**





Best  
Practice

Guidelines





**Food  
Technology  
Model**

**Cooking as a  
Life Skill and  
for Health**

Recipe

Ingredients

Dinner

Fry

cooking  
Skills  
Mash  
Evaluate

What are  
practical  
cooking skills?

Taste Breakfast  
Measure

Menu

Dessert

Boil  
control

Roast

Bake

Lunch

Meal Grate

**EXPIRATION  
DATE:** ~~-----~~

**Up-to-date  
nutrition  
guidelines**



# LESSON PLANS

- Include healthy recipes
- Can be shared and prepared at home
- Culturally appropriate
- Cost efficient



# Acknowledgements



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For further information  
please visit the  
[Vegetables.co.nz](http://Vegetables.co.nz) stand

