Marion Primary School

Master Chef

An eat well be active - Primary Schools project school

History:

The Master Chef (Marion Primary School) program began in 2011. This came about from a desire to be able to teach the senior classes how to cook a healthy meal for themselves and also to be a competition with the two classes. Before this program began the school did cooking classes and the change to a contemporary name would make the program more relevant to senior students. It currently involves all Yr 5,6,7 students.
Aims:

It is a competition but students are encouraged to enjoy the experience
Involves Year 5,6,7 students
Instruction in how to use utensils and equipment in the kitchen

Criteria for judging

- Teamwork (school values - persistence, respect cooperation
- Communication between team members
- Taste, texture
- Presentation

Key Skills

Team work

- Students work in teams of 4, taking on and sharing a variety of roles
- A team from Yr 5/6 and from Yr 7 competes against each other to gain the highest points from the judges to enter the Grand Final

Life Skills

- Hygiene in the kitchens, handling food and learning how to use equipment
- Life skills including cooking and using food from the school garden.

Inquiry

- Encouraged to ask question or seek help

Time Management

- There is a time limit to get everything done on time. This includes washing
- Up and clearing work stations, setting up tables for the judges.
Literacy/Numeracy

- Learn how to follow a recipe
- Each team makes a recipe that is included in a program recipe book
- Being able to measure quantities

Community Involvement

- Involves staff and parents in tasting and as judges
- People donate items used for cooking
- Local chef to do a ‘Master Class’
- Uses fresh vegetables from the school garden

Program

In the Kitchen

- All ingredients and utensils are set up ready to use
- Students enter the kitchen and receive instructions on what they will be doing.
- Recipe is provided at each work station
- Teams need to choose appropriate utensils and equipment necessary
- Teams need to read the list of ingredients and take what they need to their work stations.
- They need to be aware of the time each recipe requires as their time is limited.

When the recipe has been prepared their work station needs to be cleaned, dishes done and table set for the judges.

Teams need to work out who will explain to the judges what they have cooked and how they did it, who will set up and who will serve the judges.

The opposing team needs to be respectful whilst they wait for their turn to be judged.

After the judging, teams are able to enjoy the food. Then a final clean up of the kitchen.

At the end of the competition 2 teams with the highest points enter the Grand Final.
Recipes are collated and made into a recipe book which is given to each participant. This book has all the nutritional facts, costs and serving sizes for each recipe.

I have found over the 3 years of doing this program, that the students have enjoyed it immensely and always look forward to participating.

dl.0993.info@schools.sa.edu.au

**eat well be active** - Primary Schools Project, a joint SA Health and Department for Education and Child Development project from 2008-2013.