



**NCCA**

An Chomhairle Náisiúnta  
Curáclam agus Measúnachta  
National Council for  
Curriculum and Assessment

# Senior Cycle Level 1 Learning Programme: Cookery

Elective Module

Draft for consultation



## Introduction

The Senior Cycle Level 1 Learning Programme (SCL1LP) consists of a range of curriculum areas, each designed on a modular basis. There are four curriculum areas at the heart of the SCL1LP: Numeracy; Communication and Literacy; Personal Care; and Electives. Cookery is an elective module.

Cookery is designed for a minimum of 60 hours of teaching time/class contact time over two years.

Module title	Recommended time in hours
Cookery	60

## Rationale

The Cookery elective module develops students' practical food skills. This is essential learning that benefits and supports students in their everyday living. This module promotes and enables healthy eating, personal wellbeing and independent living. Students stand to gain confidence in themselves as, through learning activities, they are automatically engaged in problem solving, planning, preparation and critical and creative thinking, not just in terms of food, but time and resource management. The collaborative nature of many cooking activities provides effective opportunities to develop the senior cycle key competencies of communicating, working with others, being creative and cultivating wellbeing.

## Continuity and progression

The module progresses and builds upon students' learning and experiences at junior cycle. The module builds upon students' learning and experiences with the Primary School Curriculum and the Framework for Junior Cycle. In particular, learning through the module Cookery builds upon students' development of the junior cycle key skills of managing self, staying well, communicating, being creative, working with others, and managing information and thinking. The module also promotes development and learning in areas such as literacy, numeracy, language, motor coordination, mobility and leisure skills, through a sensory learning experience.

Students are given opportunities to demonstrate how learning acquired here can be linked to prior learning, to other modules and curriculum areas, wider school activities and life outside of school, applying their learning in areas such as Communication and Literacy, Numeracy, Personal Care, Looking After my Environment, Being part of my Community and Area of Special Interest. This helps to progress and reinforce learning across senior cycle. Students are enabled to engage with and develop their key competencies in communicating and working with others. Participating in cookery will boost students' confidence and overall wellbeing as they experience physical activities in a structured and supportive setting.

## Teaching and learning

The Cookery elective module emphasises the importance of participation when engaging in food preparation. Students are enabled to develop their own individual goals in a participatory environment and are provided with strategies to achieve them.

As some students may have unique needs, recommendations from a multidisciplinary team may need to be sought. Issues such as safety, as well as students' medical, sensory and physical needs

will need to be taken into account. This may apply to choosing equipment and activities appropriate to students' needs.

The initial learning point for some students may be to become accustomed to and comfortable with the sensory elements of a cookery environment such as acoustics, smell and temperature. Adaptations should reflect students' physical, learning, sensory and communication needs.

Adaptations and supports may enhance accessibility and increase participation that are unique to each student and school context. These may include,

- lowered or rounded countertops
- non slip mats, flooring, bowls, cutting boards
- visual, tactile and colour coded cues and recipes
- induction cooktops
- built up handles or foam grips, adaptive knives
- universal holders
- electric tin openers
- communication devices
- digital and assistive technology
- a kitchen appliance adapted to be controlled by hand movement

Cookery provides students with tactile and interactive learning experiences that may engage multiple senses and enhance their learning experiences. Students may feel the texture of ingredients, smell different herbs and spices, observe food changes during cooking, and listen to the sounds of food preparation. Activities serve as the medium through which the learning outcomes can be achieved. Activities enable students to develop confidence and promote independence in food preparation and in working with others. Activities may be teacher modelled, led or supported to the extent the student requires. While some examples are listed, these are suggestions. Schools have the flexibility to adapt activities, with varying levels of assistance for the student, to suit their unique school context, their community's context and the students' interests, strengths and abilities.

Examples of activities may include but are not limited to:

- Practical cooking sessions, where students help prepare simple, balanced meals.
- Knife handling and kitchen safety practice, ensuring students can use and see utensils being used confidently and safely.
- Following step-by-step recipes, supporting sequencing and understanding instructions.
- Tasting and sensory activities, allowing students to explore different textures, flavours, and food combinations.
- Cooking challenges, where students work individually or in groups to prepare a meal within a set time.
- Engaging in food preparation for events, such as school breakfasts, bake sales, family meals, or community cooking initiatives.
- Engaging in food related work experience within their school or their wider community.
- Involving the broader community, such as guest chefs, local food producers or community kitchens, visits to professional kitchens, cafés, or food markets.

Providing real-world engagement opportunities offers insights into cooking and food preparation in real-world settings. This helps students apply their learning beyond the classroom and gain exposure to different food environments.

# Module: Cookery

## Module descriptor

The Cookery module nurtures students' development of essential practical food skills, food preparation skills and kitchen safety awareness. This will nurture confidence towards independence in meal preparation to support everyday living.

Students learn about	Students should be able to
<p><b>Practical food skills</b></p> <p>Students explore and engage with fundamental skills required in an everyday kitchen, including the importance of food hygiene. Students also engage with common cooking methods and techniques and follow appropriate steps to plan and prepare a meal.</p>	<ul style="list-style-type: none"><li>a. use essential kitchen equipment, such as knives, chopping boards, blenders, measuring tools</li><li>b. use everyday kitchen (home) appliances</li><li>c. follow safety procedures within a kitchen environment</li><li>d. engage in measuring and weighing techniques</li><li>e. apply appropriate hygiene practices within a kitchen environment</li><li>f. identify important symbol(s) on food labels</li><li>g. apply safe food storage techniques within a kitchen environment</li><li>h. follow guidelines for preventing cross-contamination in food preparation</li><li>i. demonstrate different cooking methods</li><li>j. engage in basic food preparation skills</li><li>k. adjust cooking times and temperatures for different recipes</li></ul>
<p><b>Food preparation</b></p> <p>Students engage with instructions and recipes to support preparing simple meals</p>	<ul style="list-style-type: none"><li>l. engage with verbal, written and/or visual instructions in a food preparation setting</li><li>m. engage with step-by-step recipes and timeline to prepare a variety of meals</li><li>n. recognise and apply common cooking terms (e.g., simmer, bake, blend)</li><li>o. combine ingredients</li><li>p. present and share a meal</li><li>q. engage in clean up after cooking</li><li>r. organise waste in composting, recycling or general waste</li><li>s. recognise roles and responsibilities within a shared kitchen space</li><li>t. plan and attend a meal in a group setting</li><li>u. review a meal in a group setting.</li></ul>

