

COOKIN CASTLE

Teacher's Guide



Cookin Castle is an online interactive website intended to teach and promote healthier eating and good food hygiene practices to children in Primary 4-7.

Cookin Castle aims to teach primary school children about the main principles of a healthy, balanced diet, including what the main food groups are and what kinds of foods should be increased and limited in their diet. It is not meant to be a prescriptive diet plan or provide detailed nutritional analysis, but rather provide simple feedback children can understand.

Introduction

- Cookin Castle can be used as an individual, group task or on a whiteboard as a class activity and is intended to provide teachers with support in delivering the Health and Wellbeing areas of the Curriculum for Excellence. The experiences and outcomes which teachers have identified as being relevant to the Cookin Castle resource are provided later on in the Teacher's Guide.
- The Teacher's Tab at www.cookincastle.com contains information on the eatwell plate, front of pack labelling and food safety information along with PDFs of our other school resources.
- The website is intended for use in schools and at home, encouraged by some healthy competition on the leader board which ranks the player, under their clan name, based on their total score.
- Cookin Castle combines two games, the store room and the kitchen, the other rooms in the castle may be developed in the future. The role of the class or pupil is the family cook within Cookin Castle.

We hope you and your pupils enjoy playing the game and don't forget to try and come top of the league. The class which is at the top of the league table each month will be rewarded with Cookin Castle branded goodies!

Overall Aim: To raise awareness of key messages on healthy eating and food safety to children so that they will become confident individuals and be able to assess risks and make informed decisions.



Suggested learning intentions/success criteria

Below is a list of suggested learning intentions and success criteria that have been outlined by teachers who helped inform this guide.

Pupils will be able to:

- Develop knowledge of kitchen hygiene.
- Develop knowledge of food storage.
- Develop knowledge of personal hygiene.
- Understand the storage of different types of food.
- Identify areas for cleaning in a kitchen.
- Identify the correct sequence for hand washing.
- Identify a range of healthy food options to make a meal.
- Plan a healthy menu for a week.
- Increase awareness of importance of hygiene when dealing with food.

Assessment opportunities

Here are some suggestions on how learning from the Cookin Castle could be assessed:

- Presentation of meal choices – peer assessment.
- Create a healthy menu – peer or teacher assessment.
- Class quiz to show knowledge of facts covered.
- Pupils aim to get a high mark for the store room section and overall high score following the kitchen section.
- Pupils say why foods need to be stored on certain shelves of fridge.

The Game

- To begin a game click on 'PLAY NOW' and 'START NEW GAME' then click on 'GENERATE NAME' to give you your clan name and start typing your school's name in the box below to find your school.
- **Take a note of your own unique code or download, print and keep in a safe place for when you revisit the game.**
- Select the practice games without affecting your score, or 'PLAY' for the main game.



1 Begin typing your school name and the rest will be auto-completed.



- 1 Make sure you write this down somewhere safe. You'll need this code next time you play to continue with your clan.
- 2 You can either get some practice on the mini games without affecting your score or if you're feeling brave you can dive straight into the main game.

- **The wizard will provide a tutorial, written and audio, about how to play the game and encourage pupils to investigate the different areas of the castle.**
- You can click on the different rooms and characters by hovering or clicking on them.



1 This is Cookin Castle! This will be where you can check everything such as your score, awards and how the family are feeling.

2 This helpful chap will guide you through the game so be sure to pay attention to what he has to say.



1 When you arrive at Cookin Castle you will first want to pay attention to the store room. The last cook left the room in a really bad state!

2 After clearing up the store room you will need to feed your family and chose their meals for the day.

The Store Room

The store room has been left in a terrible mess by the previous cook so the first task is to clean and tidy the store room and test the pupils' food hygiene knowledge.

On the left of the screen you will find:

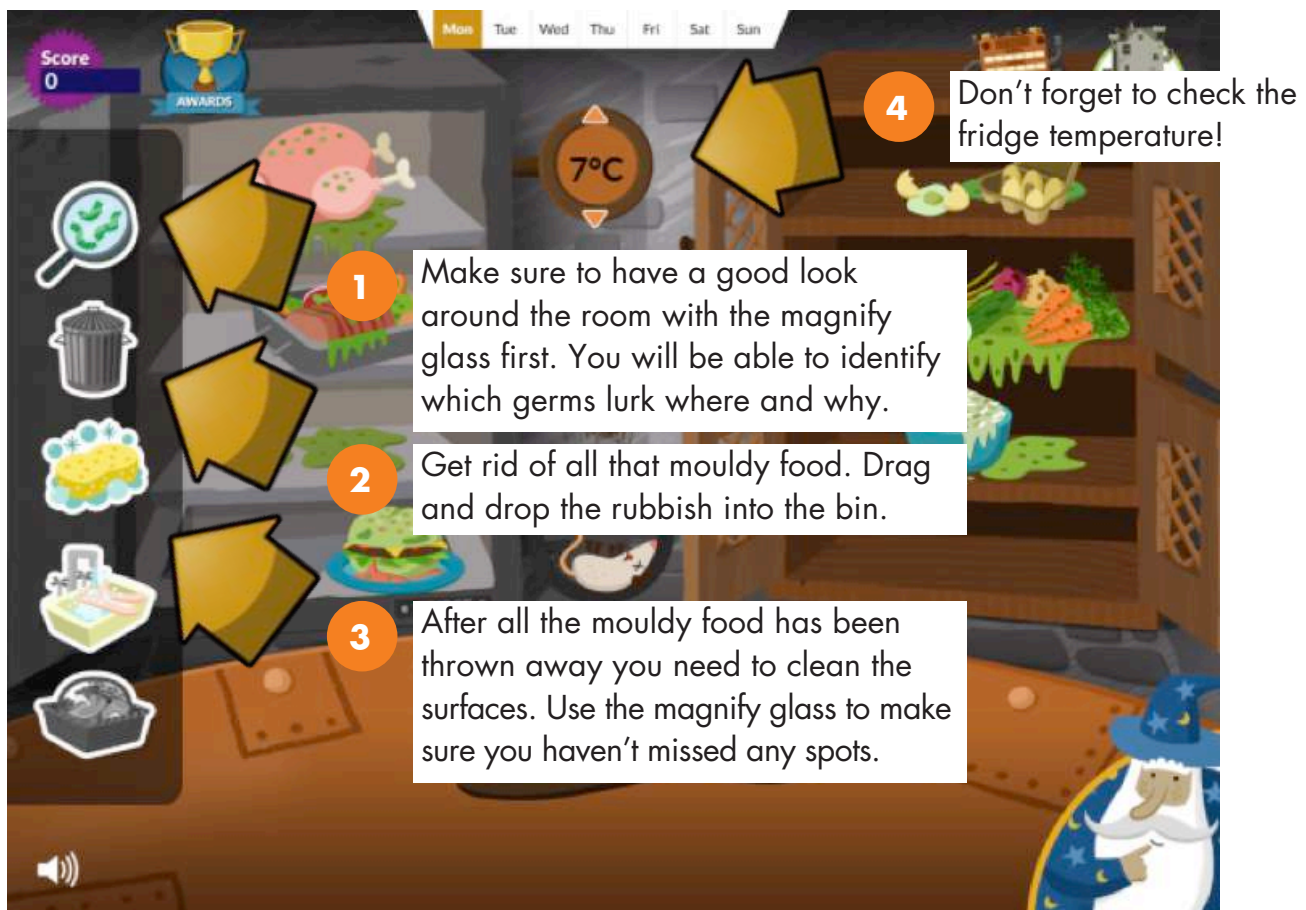
- A magnifying glass to highlight bacteria left from spoiled food and to check you've scrubbed all the shelves properly.
- A bin to throw away the mouldy food.
- A soapy sponge to clean the shelves, table and surrounding areas.
- A sink to demonstrate correct hand washing practices.
- A shopping basket for you to put away your food.

Once the store room has been cleaned, the fridge put to the correct temperature and the shopping put away in the correct places, you will receive your final score and feedback on how well you did.

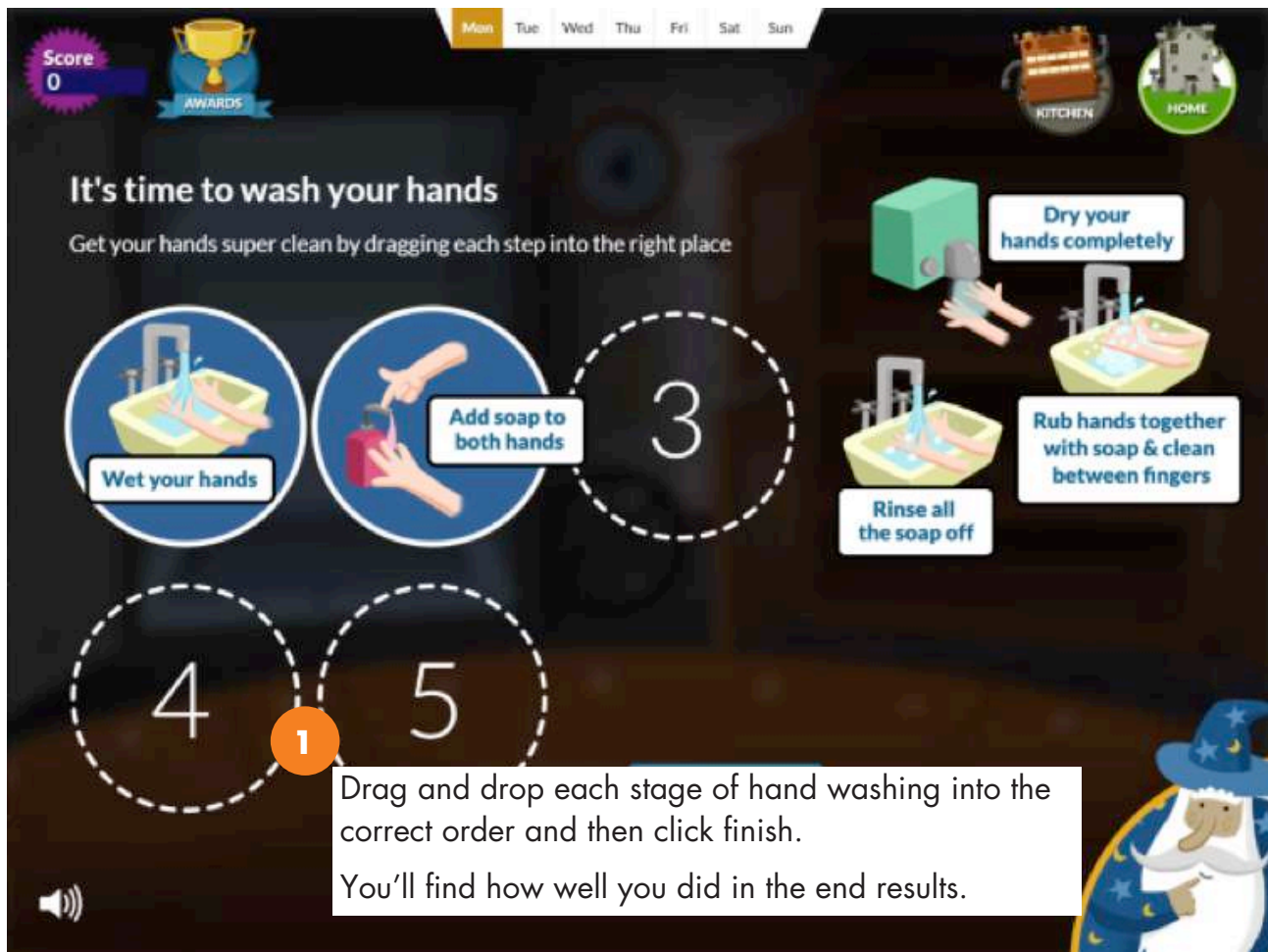
Click on 'HOW CAN I DO BETTER' to get some healthy eating or food hygiene tips.

Objectives of store room game:

- To increase awareness of good practices in relation to food safety and hygiene.
- To understand correct food storage and chilling of perishable foods.
- To promote effective hand washing and cleaning of work surfaces.



Store Room – handwashing



Score 0

AWARDS

Mon Tue Wed Thu Fri Sat Sun

KITCHEN HOME

It's time to wash your hands

Get your hands super clean by dragging each step into the right place

Wet your hands

Add soap to both hands

3

Rinse all the soap off

Dry your hands completely

Rub hands together with soap & clean between fingers

4

5

1

Drag and drop each stage of hand washing into the correct order and then click finish.
You'll find how well you did in the end results.

AWARDS

KITCHEN HOME

FRIDGE

Dried Apricots

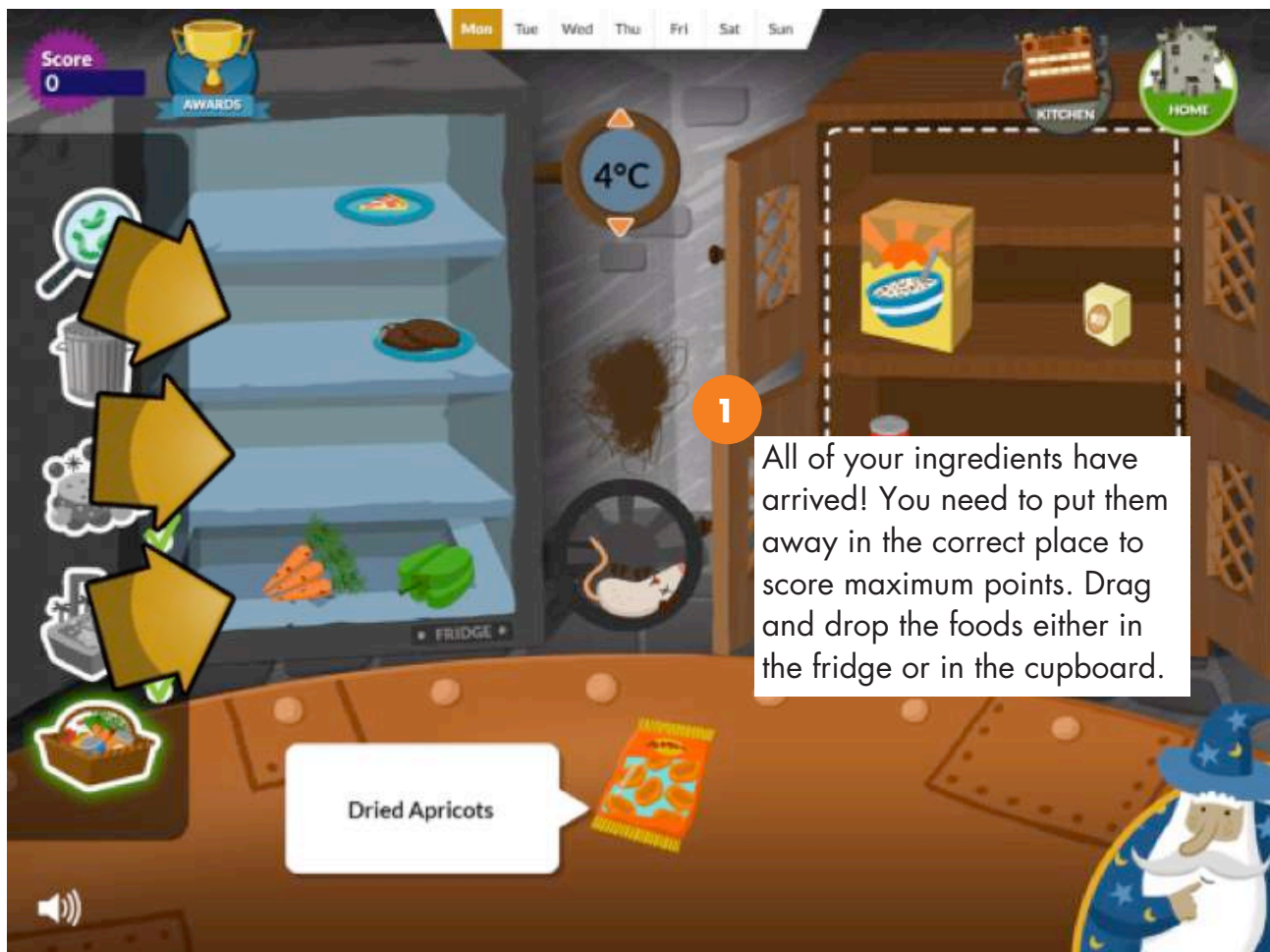
AWARDS

KITCHEN HOME

FRIDGE

Dried Apricots

Store Room – handwashing



Score 0

AWARDS

Mon Tue Wed Thu Fri Sat Sun

KITCHEN HOME

4°C

FRIDGE

Dried Apricots

AWARDS

KITCHEN HOME

FRIDGE

Dried Apricots

Store Room – feedback

Score 3832

AWARDS

Mon Tue Wed Thu Fri Sat Sun

HOME

Hygiene Score

73%

WELL DONE

Well done!
You've done a really good job! Keep up the good work and get more points next time by following our top tips!

How can I do better?

HEALTHY EATING BETTER HYGIENE

1 Make sure to have a read through the results. You'll find some tips on how to improve your score next time.

Handwash Score
1 / 5

Food Pack Away Score

3 This is what is added to your overall score.

Received

3832

Items not binned
• dead mouse

Areas not properly cleaned
• back wall stain

2 Your shopping wasn't put away in the correct place. Look here for useful tips.

4 Ideally you need to clean the store room each day but you'll get a reminder if the room gets neglected. The more often you clean the store room the more points you'll earn!

The Kitchen

Now it is the Cook's job to choose what the family have for breakfast, lunch and snacks and to use their knowledge to prepare and cook dinner for the family.

Game outline:

- Pupils can pick 4 items from a selection of food and drink for breakfast, lunch and snacks. There is a large choice of food and drink items, to see more options just use the scroll bar on the right.
- Dinner can also be picked the same way but pupils should be encouraged, when possible, to make their own dinner using the meal making machine.
- When using the meal machine, pupils can add up to 3 items at a time to the top of the machine from the cupboard, fridge or freezer. Once again, use the scroll bar on the right to see all your options.
- Pupils can then choose how to prepare and cook their food items and add them into the meal making machine, this can be done up to 5 times allowing a total of 15 items to be used in the meal machine.
- While preparing their food they must remember to wash hands and equipment as they go and if they want to add more ingredients they just go back to the fridge, freezer or store and repeat the process.

- Once they are happy with their meal they can hit serve, this triggers their results. Feedback on each meal is given with the day's feedback being displayed as bar charts depicting each food group.
- As we want to encourage eating more fruit and vegetables and starchy foods the bar charts for them will not go into the red if they go over the target line. However, there are some foods in the other groups which should be limited in the diet and so having too many of these less healthy choices will cause the bars to turn red. Pupils can click on the blue question mark next to 'BALANCE GUIDE' which will help explain the target lines to them.
- You will also receive food hygiene feedback and a final score.
- Pupils can click on healthy eating or hygiene top tips to try and improve their score next time.
- They can also check their awards and where they are on the league table whenever they like.

Objectives of kitchen game:

- Raise awareness of the importance of a healthy balanced diet.
- Encourage children to make healthier food choices.
- Understand the five food groups within the eatwell plate, which we need more of and which we need less of.
- Encourage children to recognise the importance of preparing and cooking food safely and hygienically.

Pupils' should be encouraged to complete an entire week, cooking different healthy dinners each day and to keep checking the store room as different food items need to be put away each time. The goal is to keep the family happy and healthy and to get to the top of the league table and receive prizes for your class or school.

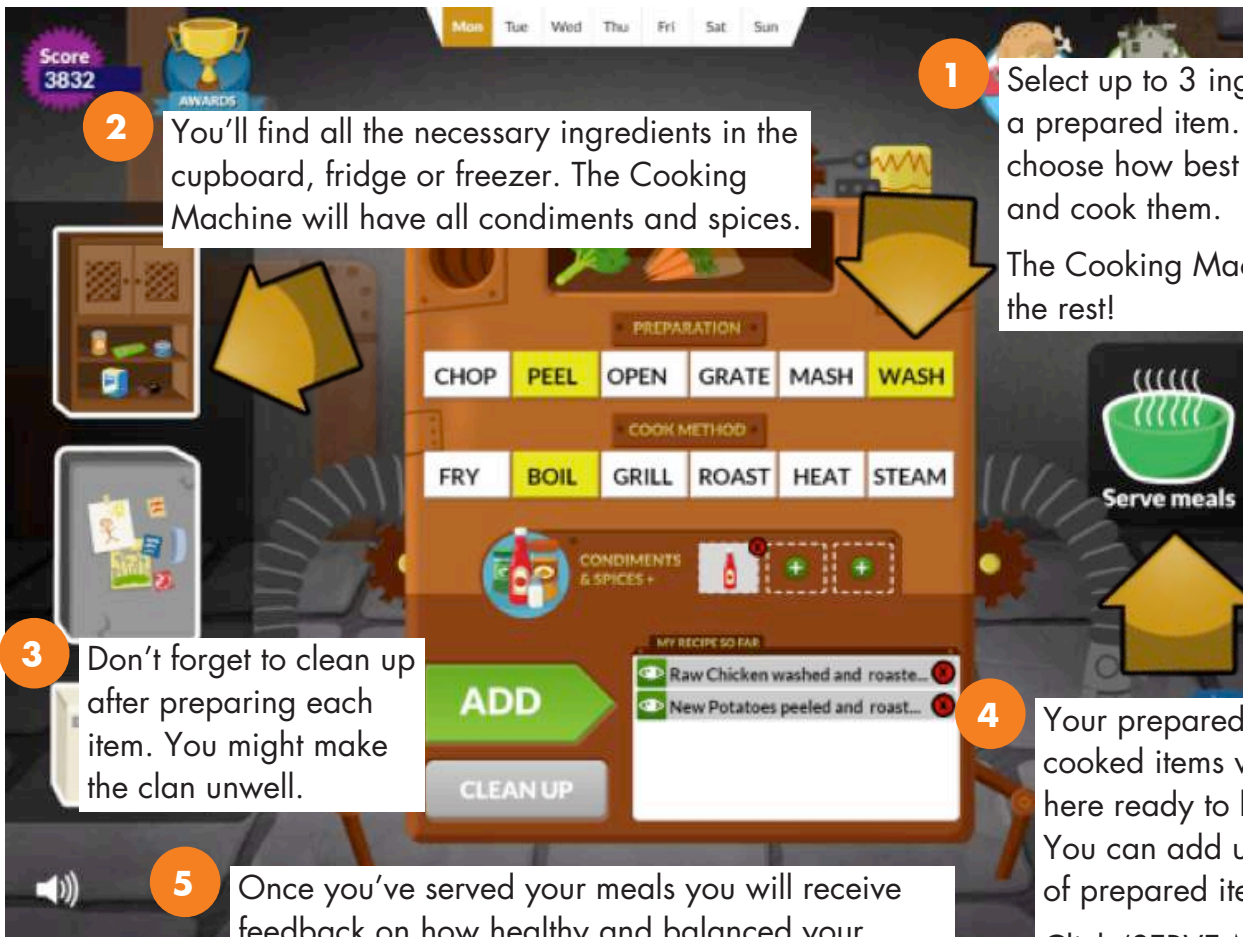
1. Explore the kitchen, choose the foods you want your clan to eat.



1 It's time to feed your clan! Click on the kitchen to do so.
 Select up to 4 items for each meal, choose a balanced, healthy diet for maximum points. The results will give you hints for next time.

2 You have a choice with dinner. You can either Pick 4 items in the same way to the other meals.
 Or you can play the cooking game and prepare a meal from scratch!

Kitchen - Meal Machine



2 You'll find all the necessary ingredients in the cupboard, fridge or freezer. The Cooking Machine will have all condiments and spices.

1 Select up to 3 ingredients for a prepared item. And then choose how best to prepare and cook them.
 The Cooking Machine will do the rest!

3 Don't forget to clean up after preparing each item. You might make the clan unwell.

4 Your prepared and cooked items will appear here ready to be served. You can add up to 5 sets of prepared items. Click 'SERVE MEALS' to feed your clan.

5 Once you've served your meals you will receive feedback on how healthy and balanced your choices were. There will also be lots of tips and advice depending on what you chose.

2. Once you serve meals you'll be presented with your feedback and scoring.

1 Find out if you have a balanced diet. Going into red means you've gone over your recommended amount. Hover to find out what pushed you over.

2 How healthy were the foods you chose?

3 Look out for the info icon for useful feedback.

4 What did the family think of your cooking? You will find advice here on how to improve next time.

7. The League Table – Click on the Library in the Castle and you can compare your score with other clans. **Come top of the league table and you'll win Cookin Castle prizes for you and your class!**

1 Your clan's rank

2 The League Table shows the top 50 clans. If you've earned your place on the table you can see how far behind you are to progress to the next rank.

| Rank | Clan name | Score | Awards Completed |
|------|----------------------------|--------|------------------|
| 1 | Modern Pig Doughnut | 203501 | 6/6 |
| 2 | Prickly Rhea Celery | 146367 | 5/6 |
| 3 | Sticky Rhinoceros Dressing | 128734 | 4/6 |
| 4 | Vast Bullfrog Chips | 108873 | 4/6 |
| 5 | Huge Angelshark Doughnut | 96912 | 4/6 |
| 6 | Damp Shark Water | 95621 | 6/6 |
| 7 | Angry Dove Salmon | 89411 | 6/6 |
| 8 | Careful Moose Curds | 75446 | 6/6 |
| 9 | Grumpy Mammal Bacon | 68225 | 4/6 |
| 10 | Mushy Poodle Peapod | 67246 | 6/6 |
| 11 | Massive Porcupine Spices | 65240 | 6/6 |
| 12 | Jolly Hen Bristket | 64610 | 4/6 |
| 13 | Proud Amphibian Nectarine | 62488 | 4/6 |
| 14 | Numerous Pig Sprinkles | 62461 | 5/6 |
| 15 | Gigantic Jellyfish Curds | 56800 | 5/6 |
| 16 | Many Coypu Cake | 56660 | 4/6 |
| 17 | Gleaming Hawk Artichoke | 56008 | 5/6 |

Links to the Curriculum for Excellence

Below is a list of the experiences and outcomes (e's and o's) which teachers have identified as being relevant to the Cookin Castle resource.

| Category | Code |
|---|--|
| Health and Wellbeing Nutrition Early | H WB 0-30a Together we enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help us to grow and keep healthy. |
| Health and Wellbeing Safe and hygienic practices Second | HW 2-33a Having learned about cleanliness, hygiene and safety, I can apply these principles to my everyday routines, understanding their importance to health and wellbeing. |
| Health and Wellbeing Safe and hygienic practices Third | HWB 3-33a I can apply food safety principles when buying, storing, preparing, cooking and consuming food. |
| Health and Wellbeing Nutrition Second | HWB 2-30a By applying my knowledge and understanding of current healthy eating advice I can contribute to a healthy eating plan. |
| Health and Wellbeing Nutrition First | HWB 1-30a By investigating the range of foods available I can discuss how they contribute to a healthy diet. |
| Health and Wellbeing Nutrition Early | HWB 0-30a Together we enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help us to grow and keep healthy. |
| Health and Wellbeing Nutrition First | HWB 1-32a I am beginning to understand that nutritional needs change at different stages of life, for example the role of breastfeeding in infant nutrition. |
| Health and Wellbeing Nutrition Second | HWB 2-32a I understand that people at different life stages have differing nutritional needs and that some people may eat or avoid certain foods. |

| | |
|--|---|
| Health and Wellbeing Safe and hygienic practices Early/First | HWB 0-33a/HWB 1-33a I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and I apply this knowledge in my everyday routines such as taking care of my teeth. |
| Health and Wellbeing Safe and hygienic practices Third | HWB 3-33a I can apply food safety principles when buying, storing, preparing, cooking and consuming food. |
| Technologies ICT to enhance learning Third | TCH 3-03a I can explore and use the features of a variety of familiar and unfamiliar software to determine the most appropriate to solve problems or issues. |
| Technologies ICT to enhance learning Third | TCH 3-04a I enhance my learning by applying my ICT skills in different learning contexts across the curriculum. |
| Technologies ICT to enhance learning Third | TCH 2-04a I explore and experiment with the features and functions of computer technology and I can use what I learn to support and enhance my learning in different contexts. |
| Technologies Craft, design, engineering and graphics contexts for developing technological skills and knowledge | TCH 1-14b Having evaluated my work, I can adapt and improve, where appropriate, through trial and error or by using feedback. |
| Literacy Reading, finding and using information Early | LIT 0-14a I use signs, books or other texts to find useful or interesting information and I use this to plan, make choices or learn new things. |
| Literacy Reading, finding and using information First | LIT 1-14a Using what I know about the features of different types of texts, I can find, select, sort and use information for a specific purpose. |
| Literacy Reading, finding and using information Second | LIT 2-14a Using what I know about the features of different types of texts, I can find, select and sort information from a variety of sources and use this for different purposes. |

Cross curricular ideas

The following are potential extension ideas for Cookin Castle.

| Subject | Ideas |
|----------------------|---|
| Health and Wellbeing | <p>PE – discuss how food provides people with energy and how the body uses it.</p> <p>Discuss nutritional needs for different members of the family.</p> <p>Discuss food preferences and food allergies and the importance of reading food labels.</p> <p>Spotting hazards in the kitchen using downloadable posters from the Teacher’s Tab.</p> <p>Learn names of bacteria and the conditions required for them to grow.</p> <p>Research various health conditions related to food.</p> <p>Explore cooking techniques related to healthy eating.</p> <p>Keep a food diary of their own for day/weekend/weekday. Children can take photos of food as a visual diary.</p> <p>Discuss the importance of hand washing and correct techniques required.</p> |
| Social Studies | Discuss rationing in World War 2. |
| Numeracy | <p>Discuss food labels and weights of food.</p> <p>Discuss food shopping and money involved.</p> <p>Relate fractions to the eat well plate.</p> |
| Expressive arts | <p>Draw bacteria.</p> <p>Draw abstract images of how food goes through the body.</p> <p>Create a collage of different food groups.</p> <p>Music – create music to mimic harmful or good bacteria.</p> |