

# Cultivating cooking skills during COVID-19

## 1. Background

- School lock-down provided new ways of cultivating students' cooking skills at home
- Evidence-based model ([Slater J et al. 2018](#)) provided foundation for designing online cooking project for Year 7 students (n=80) at Mentone Girls' Grammar
- ICT skills – [Adobe Spark](#) provided platform for students to present their 'Last Night's Dinner' from home to class cohort
- Project took place over six weeks between March to May 2020

## 2. Methods

- Students were required to cook and evaluate one evening meal for their families
- Criteria based on [Food Literacies Competencies](#) model – traditional family meals, joy and sharing, seasonal food
- Evaluation based on hedonic rating and family feedback

## 3. Results/Conclusions

- Student engagement sharing stories and peer-reviewed positive feedback
- Student and teacher enhancement of ICT digital literacy skills
- Ongoing regular meal cooking at home



*"The project helped me to learn the different skills you need to cook a great dinner such as cleaning, baking, chopping etc. I also learnt all about when and where fish and chips originated from. My family really enjoyed my dinner and they said that it was delicious and well prepared. Some feedback for next time was that I could coat the fish with more bread crumbs as there some patches without it and would make the dinner even more scrumptious! The best part of this project was making, cooking and baking a delicious meal for my family. I really enjoyed it as it allowed me to do the cooking, to take risks and to see that I really could cook a great dinner. This project was something unique when compared to all my other projects and was super fun." (Janke)*

