

# **Life Skills for the Future: Collaborating with teachers to equip kids with practical cooking skills**

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An update of the Cooking Curriculum Project will be provided, including: background, aims, methods, outcomes and next steps. The initial research underpinning this work will first be covered, followed by the aim, which is: to work with teachers to develop tools and resources that support the delivery of Year 7 and 8 food technology. The collaborative approach – ‘for teachers, by teachers’ - will be demonstrated in the methods, showing the range of decile schools involved and a flow chart of teacher input at each stage of development. Visuals of the final resources available on the Heart Foundation website will be showcased, including the Year 8-unit plan, student assignment, activities and recipes, as well as the Easy Meals with Vegetables skill cards and videos that complement the project. Overall, it will be discussed as to how this project is helping arm children with the fundamental life skills to be able to cook a healthy meal, and in turn improving public health nutrition.

Take home messages: Our “by teachers, for teachers” collaborative approach is a successful strategy for developing tools and resources for public health nutrition. The Year 8-unit plan and supporting resources currently being used by teachers are receiving positive feedback and engagement. Heart Foundation and Vegetables.co.nz will maintain collaboration with teachers, evaluate outcomes and to provide professional development and resources for improving public health nutrition.