

Meta Skills Development in HFT

Meta Skill 1:	Collaborating	Primary
Developed through: <ul style="list-style-type: none">➤ Working in a pair for some practical lessons.➤ Sharing clean up responsibilities/ingredients with partner in practical lessons.➤ Use of projects in theory lessons, where they must research certain nutrients/dietary diseases in a group and deliver their findings to the rest of the class.		

Meta Skill 2:	Focussing	Secondary
Developed through: <ul style="list-style-type: none">➤ Across levels 2, 3, and 4, learners will develop their ability to focus, follow recipe instructions, and pay attention to teacher demonstrations of cooking techniques.➤ Practice replicating these skills and approach each task in the correct order, from preparation to final presentation.➤ As students' progress through their cookery experience at Winch burgh, the complexity of the tasks they undertake will increase, helping them build confidence and expertise in the kitchen.		

Meta Skill 3:	Creativity	Secondary
Developed through: <ul style="list-style-type: none">➤ Students will have opportunities to develop their creativity by experimenting with different ingredients, flavours, and cooking methods. All, learners will be encouraged to adapt recipes, try new techniques, and adjust based on dietary preferences or available ingredients.➤ They will explore innovative ways to present dishes and think outside the box when solving challenges in the kitchen.➤ students will be taught to refine their creative thinking, pushing the boundaries of traditional recipes and gaining confidence in their ability to innovate.		

Meta Skill 4:	Curiosity	Secondary
Developed through: <ul style="list-style-type: none">➤ Observing and using a range of kitchen tools, equipment, and appliances in a cooking environment.➤ Asking questions about new cooking techniques or equipment to deepen understanding and improve skills.➤ Identifying issues with dishes or recipes through evaluation and finding solutions to improve the outcome.		

Meta Skill 5:	Initiative	Primary
Developed through: <ul style="list-style-type: none"> ➤ Assessing a variety of risks and understanding how to keep themselves safe in kitchen environment. ➤ Responsibility for their working area, ensuring collective responsibility for all areas to be left as they are found. ➤ Independent thinking through a variety of practical challenges which encourage independence and personalisation. 		

Meta Skill 6:	Critical thinking	Primary
Developed through: <ul style="list-style-type: none"> ➤ Assess the balance of flavours and adjust as needed. This process involves critical thinking by testing and analysing what works or what doesn't, refining their approach to achieve the best outcome. ➤ Pupils must think critically about how to manage their time, prioritise tasks, and coordinate multiple cooking processes at once. This helps develop decision-making skills and the ability to evaluate what needs attention first in a fast-paced environment. 		