

# My Food Discovery Journal



This journal will help you to note down the discoveries you will make using all of your senses and the new information you have learned through practical cookery sessions with SIL.

## My Food Discovery Journal

This food discovery journal belongs to:	
School Name:	
Year Group:	

# Introduction

The Food Discovery Journal is a vibrant, pupil-facing companion to practical cookery sessions, created by SIL's Health & Wellbeing team. It's designed to help children reflect on their culinary experiences, build food literacy, and develop confidence in the kitchen through sensory exploration, skill tracking, and personal recipe creation.

This journal transforms cooking from a one-off activity into a journey of discovery, encouraging children to think, record, and grow as young chefs.

## Why It Matters

This journal isn't just a workbook; it's a personal portfolio of culinary growth. It helps children become confident, reflective, and adventurous chefs, while giving staff a meaningful way to track progress and celebrate success. Whether used in class, at home, or in enrichment clubs, it's a powerful tool for embedding food education across the school.



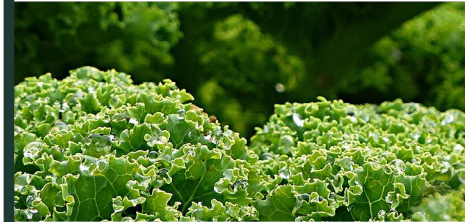
## How It Helps Staff and Pupils Become Confident Chefs

### For Pupils:

- **Recipe Templates:** Children can document ingredients, methods, and top tips for each dish they make, encouraging ownership and creativity.
- **Sensory Exploration:** Prompts for sight, smell, touch, taste, and sound help children engage deeply with food and reflect on their experiences.
- **Skills Checklists:** Tick-box tables allow pupils to track progress in key techniques like chopping, grating, mixing, and measuring.
- **Food Origins Activities:** Children learn to identify whether ingredients come from plants or animals, fostering awareness of sustainability and food systems.
- **Healthy Choices Reflection:** Pages encourage children to apply their learning to everyday life. E.g., trying new vegetables, reading food labels, or cooking from scratch.

### For Staff:

- **Structured Reflection Tool:** Supports formative assessment and pupil voice in food education.
- **Curriculum Reinforcement:** Aligns with Design & Technology, PSHE, Science, and Geography through practical and reflective tasks.
- **Differentiation Made Easy:** Open-ended templates allow for varied responses, supporting all learners including those with SEND or sensory sensitivities.
- **Conversation Starter:** Promotes meaningful discussions around food preferences, cultural diversity, and healthy habits.

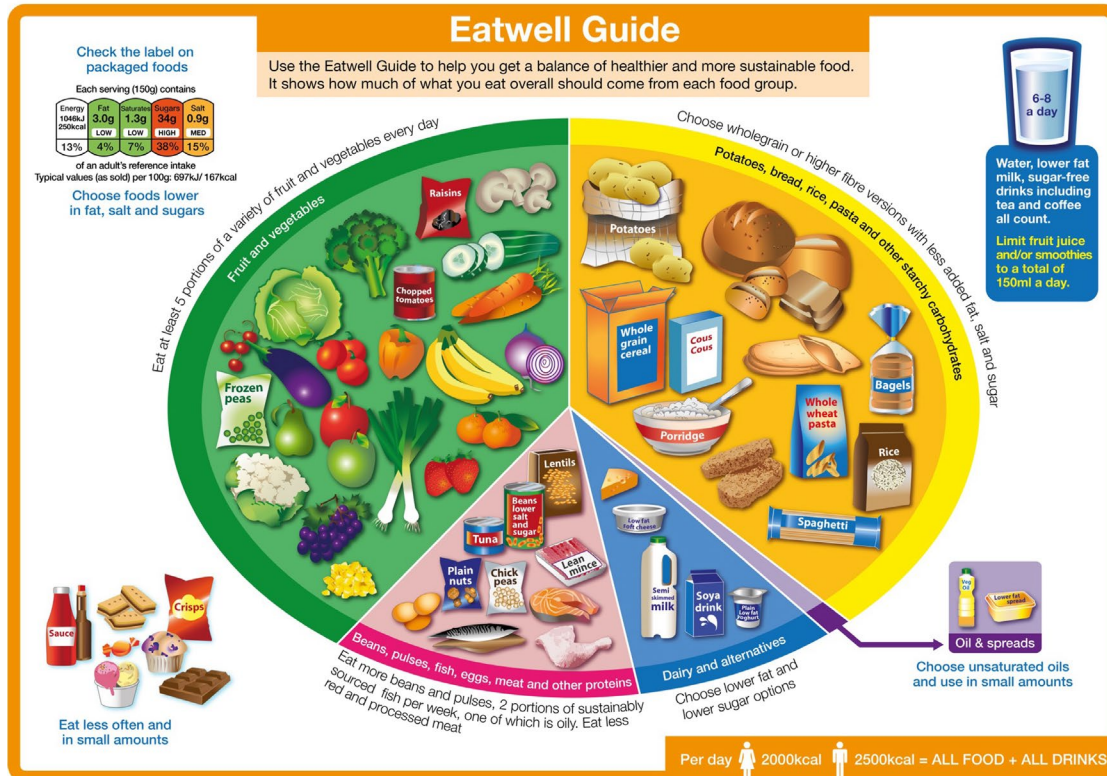


# What's Inside?



Section	Purpose
Food Groups	Explains how carbs, proteins, fats, fruits & veg benefit the body
Eatwell Guide	Visual tool for balanced meal planning
Ready to Cook Checklist	Reinforces hygiene and safety routines
Food Skills Tracker	Pupils log techniques they've learned
Sensory Table	Encourages mindful tasting and observation
Food Origins	Identifies plant vs. animal-based ingredients
Recipe Cards	Blank templates for pupils to write their own recipes
Healthy Choices	Prompts for applying learning to real life

# The Eatwell Guide



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2016

## Food Skills Checklist

On the next few pages, please tick the skills you have performed each week and write down what action you took to perform this skill, e.g. skill: cut (bridge & claw).

Action: I cut carrots into batons using bridge and claw.



## I can...

Skill	Y/N	What I need to do next
Shape	<input data-bbox="459 311 560 412" type="checkbox"/>	
Spread	<input data-bbox="459 456 560 557" type="checkbox"/>	

“ Look how many new skills you have learned in your practical cookery sessions, well done! ”

# Exploring Our Senses



## Sight

We look at the colours, shapes, and textures of food to see if it's fresh, cooked, or changing as we mix and heat it.



## Smell

We notice different scents as ingredients combine, like the sweetness of fruit or the flavour of herbs and spices.



## Touch

We feel food with our hands, from the softness of dough to the crunchiness of vegetables.



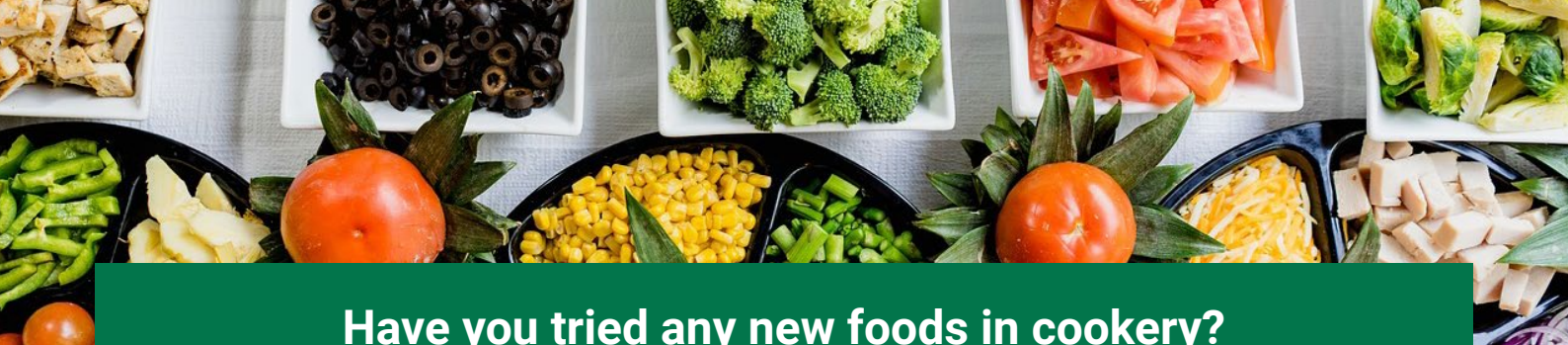
## Taste

We try our food to check flavours, noticing if it's sweet, salty, sour, bitter, or umami (savoury).



## Sound

We listen to food as it sizzles, bubbles, or crunches to understand how it's cooking.



## Have you tried any new foods in cookery?

What new foods did you try?	Describe them – flavour/texture/like/dislike
1.	
2.	
3.	
4.	
5.	
6.	

# Recipe Cards





# Recipe Card

Ingredients
•
•
•
•
•
•
•
•
•
•
•
•
•
•
•

Name of dish: \_\_\_\_\_

Short description: \_\_\_\_\_

---

---

Method
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Top Tips	_____
	_____

# Five ways that I can use what I've learned to help me make healthy choices

For example: eat/try more veggie's, eat local produce, cook from scratch, look at traffic light labelling.

1.	
2.	
3.	
4.	
5.	





-  [@SIL\\_HWBteam](https://twitter.com/SIL_HWBteam)
-  [@sil\\_hwbteam](https://www.instagram.com/sil_hwbteam)
-  [sil@si.liverpool.gov.uk](mailto:sil@si.liverpool.gov.uk)
-  0151 233 3901
-  [www.sil-ltd.co.uk](http://www.sil-ltd.co.uk)