

### Jamie Oliver: We need cookery lessons in schools

One of the UK's most famous chefs, Jamie Oliver, has urged the British government to introduce cookery teaching into schools to help fight obesity. In a letter to the Prime Minister, Mr Oliver, alongside leading health figures, call on him to introduce a minimum 24 hours of practical cooking lessons and food education for all pupils aged four to 14. The group laments that the "pride" of hosting the Olympic Games has been tainted by the shameful fact that Britain is officially "the fattest nation in Europe". Teaching children through the National Curriculum how to prepare nutritious meals for themselves and their families would be an important step in tackling the rising obesity epidemic, the letter argues. Without these skills, people are less likely to exercise control over their diet and food intake, and tend to rely on pre-prepared food or takeaway meals, the campaigners add.

The celebrity chef – who has previously campaigned for healthier school dinners – and Liverpool and England footballer Steven Gerrard teamed up with Dr Clare Gerada, chair of the Royal College of General Practitioners, Christine Blower, general secretary of the National Union of Teachers, and Professor Terence Stephenson, president of the Royal College of Paediatrics and Child Health, to highlight the issue. Beside the call for compulsory cookery lessons, they note the need for more sporting role models to promote the benefits of a healthy lifestyle to children. Professor Stephenson: "The UK now has the highest rate of obesity in Europe, with one in three children overweight or obese by the age of nine. If these lifestyles don't change, the UK will have an adult population suffering with diabetes, heart disease and high blood pressure, giving an already cash-strapped NHS a £10 billion a year medical bill." He added, "We need to act now but we will not win this fight alone. Parents, healthcare professionals and the government must take a united approach in order to combat this obesity crisis."

Another signatory Charlie Powell, Children's Food Campaign director: "It's common sense that all children should learn how to cook at school, so it should be a part of the National Curriculum". He added, "If the Government is serious about improving children's health, keeping cooking in schools is one of the best ways to do it."

**Category: Jamie Oliver / Cookery / Schools**

**Level: Intermediate / Upper Intermediate**

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## EXERCISES

1. **Jamie Oliver:** Think of three things you know about Jamie Oliver. Go round the room swapping details with others.

2. **Dictation:** The teacher will read four to six lines of the article slowly and clearly. Students will write down what they hear. The teacher will repeat the passage slowly again. Self-correct your work from page one - filling in spaces and correcting mistakes. Be honest with yourself on the number of errors. Advise the teacher of your total number of errors. Less than five is very good. Ten is acceptable. Any more is room for improvement! More than twenty - you need to do some work!

3. **Reading:** The students should now read the article aloud, swapping readers every paragraph.

4. **Vocabulary:** Students should now look through the article and underline any vocabulary they do not know. Look in dictionaries. Discuss and help each other out. The teacher will go through and explain any unknown words or phrases.

5. **The article:** Students should look through the article with the teacher.

- a) What is the article about?
- b) What do you think about the article?

6. **Cooking:** Think of five things you last cooked. Then add five things you remember cooking either as a child at school, or at home as a child. Write them below. Discuss together. What are your conclusions?

Home cooking now	What you cooked as a child
1	1
2	2
3	3
4	4
5	5

**The teacher** will choose some pairs to discuss their findings in front of the class.

7. **Let's think!** In pairs. On the board write as many words as you can to do with **Cookery lessons**. *One-two minutes*. Compare with other teams. Using your words compile a short dialogue together.

8. **Let's roleplay 1:** In pairs/groups. One of you is the interviewer. The others are one of the following people. You are in the *Discussion FM* radio studio in London. Today's interview is about: *Jamie Oliver: We need cookery lessons in schools*. *10 minutes*.

1	The British Prime Minister	3	Jamie Oliver
2	An obese child	4	A child who likes to cook at school

**The teacher** will choose some pairs to roleplay their interview in front of the class.

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**9. Let's roleplay 2:** In pairs. You are in the school canteen. Start a conversation about 'Cookery lessons in schools'. 5-minutes.

**10. Presentation:** In pairs, groups or individually: Prepare in class or at home a two minute presentation on: 'Cookery lessons'. Stand at the front of the class to give your presentation to the class. The class can vote on the best presentation.

**11. Let's do 'The Article Quiz':** Have the students quiz each other in pairs. They score a point for each correct answer and half a point each time they have to look at the article for help. See who can get the highest score!

**Student A**

- 1) Who is Jamie Oliver?
- 2) Who is Charlie Powell?
- 3) What does NHS stand for?
- 4) Who did Mr Oliver write to?
- 5) What is the National Curriculum?

**Student B**

- 1) What do we mean by a takeaway meal?
- 2) What is a pre-prepared meal?
- 3) Sum up what Professor Stephenson said.
- 4) What is Britain officially?
- 5) What did the group lament?

**12. When I was at school...** In pairs/groups. Discuss what you liked and disliked about cooking at your school.

**13. Let's write an e-mail:** Write and send a 200 word e-mail to your teacher about: **Jamie Oliver**. Your e-mail can be read out in class.

**14. Sentence starters:** Finish these sentence starters. Correct your mistakes. Compare what other people have written.

- a) Jamie Oliver \_\_\_\_\_
- b) I love to cook \_\_\_\_\_
- c) Cooking \_\_\_\_\_

## SPEAKING

Let's discuss! Cookery lessons in schools in my country

*Allow 10-15 minutes – As a class / small groups / pairs / 1 to 1*

20 things about cookery lessons in schools in my country
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The teacher can moderate the session.

## DISCUSSION

### Student A questions

- 1) Did the headline make you want to read the article?
- 2) What do you think of Jamie Oliver?
- 3) Did your school offer cookery lessons?
- 4) Do schools in your country offer cookery lessons to students? Explain.
- 5) Would you like to have done cookery lessons at school?

### Student B questions

- 1) What do you think about what you've read?
- 2) Have you learnt anything in today's English lesson?
- 3) Is cooking important today as a subject in school? Explain.
- 4) Should the Ministry of Education in your country invest in cookery lessons for students?
- 5) Did you like this discussion?

## COOKERY CORNER

Cookery questions – Ask your classmates!

***Think of five questions to ask your partner about what they cooked as a child or what they ate as a child.***

Question 1 \_\_\_\_\_

Question 2 \_\_\_\_\_

Question 3 \_\_\_\_\_

Question 4 \_\_\_\_\_

Question 5 \_\_\_\_\_

More cookery questions – Ask your classmates!

***Think of five questions to ask your partner about what they cook at home.***

Question 1 \_\_\_\_\_

Question 2 \_\_\_\_\_

Question 3 \_\_\_\_\_

Question 4 \_\_\_\_\_

Question 5 \_\_\_\_\_

## GAP FILL: READING:

*Put the words into the gaps in the text.*

### Jamie Oliver: We need cookery lessons in schools

One of the UK's most famous (1)\_\_\_\_, Jamie Oliver, has urged the British government to introduce cookery teaching into schools to help fight obesity. In a letter to the Prime Minister, Mr Oliver, alongside leading health figures, call on him to introduce a minimum 24 hours of practical cooking lessons and food education for all pupils aged four to 14. The group (2)\_\_\_\_\_ that the "pride" of hosting the Olympic Games has been tainted by the (3)\_\_\_\_\_ fact that Britain is officially "the (4)\_\_\_\_\_ nation in Europe". Teaching children through the National Curriculum how to prepare (5)\_\_\_\_\_ meals for themselves and their families would be an important step in tackling the rising (6)\_\_\_\_\_ epidemic, the letter argues. Without these skills, people are less likely to exercise control over their diet and food (7)\_\_\_\_\_, and tend to rely on pre-prepared food or (8)\_\_\_ meals, the campaigners add.

The (1)\_\_\_\_\_ chef – who has previously campaigned for healthier school (2)\_\_\_\_\_ – and Liverpool and England footballer Steven Gerrard teamed up with Dr Clare Gerada, chair of the Royal College of General Practitioners, Christine Blower, general secretary of the National Union of Teachers, and Professor Terence Stephenson, president of the Royal College of Paediatrics and Child Health, to highlight the issue. Beside the call for (3)\_\_\_\_\_ cookery lessons, they note the need for more sporting role models to promote the benefits of a healthy (4)\_\_\_\_\_ to children. Professor Stephenson: "The UK now has the highest rate of obesity in Europe, with one in three (5)\_\_\_\_\_ overweight or obese by the age of nine. If these lifestyles don't change, the UK will have an adult population suffering with (6)\_\_\_\_\_, heart disease and high blood pressure, giving an already cash-strapped NHS a £10 billion a year medical bill." He added, "We need to (7)\_\_\_\_\_ now but we will not win this fight alone. Parents, healthcare professionals and the government must take a united approach in order to combat this obesity (8)\_\_\_\_\_."

*fattest*

*intake*

*takeaway*

*shameful*

*nutritious*

*laments*

*chefs*

*obesity*

*act*

*compulsory*

*diabetes*

*Crisis*

*children*

*dinners*

*celebrity*

*lifestyle*

## GAP FILL: LISTENING

*Listen and fill in the spaces.*

### Jamie Oliver: We need cookery lessons in schools

One of the UK's \_\_\_\_\_, Jamie Oliver, has urged the British government to introduce cookery teaching into schools \_\_\_\_\_. In a letter to the Prime Minister, Mr Oliver, alongside leading health figures, call on him to introduce a minimum 24 hours of practical cooking lessons and food education for all pupils aged four to 14. The \_\_\_\_\_ the "pride" of hosting the Olympic Games has been tainted by the shameful fact that Britain is officially "the fattest nation in Europe". Teaching children through the National Curriculum how to prepare \_\_\_\_\_ themselves and their families would be an important step in tackling the rising obesity epidemic, the letter argues. Without these skills, people are less likely to exercise control \_\_\_\_\_ food intake, and tend to rely on pre-prepared food or takeaway meals, \_\_\_\_\_.

The celebrity chef – who has previously campaigned for healthier school dinners – and Liverpool and \_\_\_\_\_ Steven Gerrard teamed up with Dr Clare Gerada, chair of the Royal College of General Practitioners, Christine Blower, general secretary of the National Union of Teachers, and Professor Terence Stephenson, president of the Royal College of Paediatrics and Child Health, \_\_\_\_\_. Beside the call for compulsory cookery lessons, they note the need for \_\_\_\_\_ models to promote the benefits of a healthy lifestyle to children. Professor Stephenson: "The UK now has the highest rate of obesity in Europe, with one in three children overweight or obese by the age of nine. If these lifestyles don't change, the UK will have an adult population \_\_\_\_\_, heart disease and high blood pressure, giving an already cash-strapped NHS a £10 billion a year medical bill." He added, "\_\_\_\_\_ but we will not win this fight alone. Parents, healthcare professionals and the government must take a united approach in order to combat \_\_\_\_\_."

## GRAMMAR:

Put the words into the gaps in the text.

### Jamie Oliver: We need cookery lessons in schools

One of the UK's (1)\_\_\_ famous chefs, Jamie Oliver, has urged the British government to introduce cookery teaching (2)\_\_\_ schools to help fight obesity. In a letter to the Prime Minister, Mr Oliver, alongside leading health figures, call on him to introduce a minimum 24 hours of practical cooking lessons and food education for all pupils aged four to 14. The group laments (3)\_\_\_ the "pride" of hosting the Olympic Games has been tainted by the shameful fact that Britain is officially "the fattest nation in Europe". Teaching children (4)\_\_\_ the National Curriculum how to prepare nutritious meals for themselves and (5)\_\_\_ families (6)\_\_\_ be an important step in tackling the rising obesity epidemic, the letter argues. Without (7)\_\_\_ skills, people are less likely to exercise control (8)\_\_\_ their diet and food intake, and tend to rely on pre-prepared food or takeaway meals, the campaigners add.

**these**

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The celebrity chef – (1)\_\_\_ has previously campaigned (2)\_\_\_ healthier school dinners – (3)\_\_\_ Liverpool and England footballer Steven Gerrard teamed up with Dr Clare Gerada, chair of (4)\_\_\_ Royal College of General Practitioners, Christine Blower, general secretary of the National Union of Teachers, and Professor Terence Stephenson, president of the Royal College of Paediatrics and Child Health, to highlight the issue. Beside the call for compulsory cookery lessons, they note the need for more sporting role models to promote the benefits of a healthy lifestyle to children. Professor Stephenson: "The UK now has the highest rate of obesity in Europe, with one in three children overweight or obese by the age of nine. If these lifestyles don't change, the UK will have an adult population suffering with diabetes, heart disease and high blood pressure, giving an already cash-strapped NHS a £10 billion a year medical bill." (5)\_\_\_ added, "(6)\_\_\_ need to act now (7)\_\_\_ we will not win this fight alone. Parents, healthcare professionals and the government must take a united approach (8)\_\_\_ order to combat this obesity crisis."

**in**

**we**

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**who**

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## SPELLING TEST

The teacher will ask the class individually to spell the following words that are in the article. Afterwards, check your answers with your teacher, using the following ratings:  
**Pass = 12, Good = 15, Very good = 18, Excellent = 20**

1	campaigners	11	nutritious
2	diet	12	education
3	themselves	13	takeaway
4	epidemic	14	famous
5	shameful	15	chefs
6	introduce	16	combat
7	obesity	17	professionals
8	government	18	lifestyles
9	alongside	19	overweight
10	practical	20	compulsory

## LINKS

<http://www.telegraph.co.uk/foodanddrink/9248258/Jamie-Oliver-Government-should-introduce-cookery-lessons-in-schools.html>

<http://www.jamieoliver.com/recipease/>

<http://www.jamieoliver.com/school-dinners/>

<http://www.bbc.co.uk/news/education-17970169>

**Note:** NHS= National Health Service

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