

### Compulsory Cooking Classes

English teenagers are to receive compulsory cooking lessons in schools. Cooking was once regarded as an integral part of education in England – even if it was mainly aimed at girls. In recent decades cooking has progressively become a marginal activity in schools. But the rising level of obesity has led to a rethink about the food that children are given and the skills they should be taught. What's more, it's feared that basic cooking and food preparation skills are being lost as parents turn to ready meals and pre-prepared convenience foods.



The well-known cookery writer, Prue Leith, applauds the initiative. “If we’d done this thirty years ago we might not have the crisis we’ve got now about obesity and lack of knowledge about food and so on. Besides, every child should know how to cook, not just so that they’ll be healthy, but because it’s a life skill which is a real pleasure and we deny children that pleasure.”

The renewed interest in cooking is primarily a response to the level of obesity in Britain which is amongst the highest in Europe, and according to government figures half of all Britons will be obese in 25 years if current trends are not halted.

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