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Cooking Classes Should Be Compulsory in High-school

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Cooking Classes Should Be Compulsory in High-school

Many individuals believe that cooking is an important life skill that should be taught to young students. Cookery should be made a mandatory lesson in high schools since it has long-term gains such as a good diet, cost savings, and reduced food waste. Cooking is a time-consuming activity, yet it has been omitted from the curriculum for the past decades. Hence the paper will justify, given the advantages of cooking, educational institutions should integrate this curriculum to better prepare subsequent generations for reality outside the classrooms.

One of the arguments opposing the teaching of cooking in high school is that it will burden the already strained school system. Critics argue that students spend most of the hours (depending on the country and level of education) and they are already stressed. In contrast, their tutors teach them many topics, including mathematics, sciences, geography, history, economics, and others. Additionally, students also learn about first aid and physical education. Critics suggest that adding cooking lessons to the mixture will complicate learning and waste resources from the school's perspective since cooking has no tangible returns. This argument is far-fetched. Across the world, different governments have invested heavily in the education system. The learning infrastructure is continuously improved, and teachers are employed regularly. Arguing that schools are ill-equipped lacks moral grounds because cooking is an essential life skill that the students in high school will need for the rest of their lives. According to research, basic cooking skills are lacking among teenagers (Lavelle et al., 2016). Learners lack confidence and understanding in a kitchen setting, and sadly it has led to the lack of desire to cook their dishes.

In America alone, 90% of the population does not like to cook, and the regular visits to restaurants cost them thousands of dollars annually (Martin, 2016). A majority of this group lacks the basic cooking skills taught at the high school level. In essence, when an individual goes

out for lunch, they spend around \$10 on a single plate, translating to \$2,500 annually. Making one's meal, however, costs around \$6.30, which is significantly lower (Martin, 2017). Upon learning both the theoretical and practical elements of food preparation, these students understand the culinary skills needed to prepare a substantial meal and other additional skills to assist them in their adult life (Lavelle et al., 2016). In addition to that, receptive youths can broaden their understanding and prepare dishes from different cultures. In doing so, they get to understand different cultures and their understanding of the world via food.

Critics also argue that students' future success depends on the core subjects like mathematics and sciences. In most instances, university and college admissions require high-school students to attain top grades. The emphasis is put on the SAT examination grades and extracurricular activities like dance, music, and sports. In addition to that, sports remains favored compared to cooking. In this regard, critics argue that high-school students and their parents should focus on essential activities, like sports and music, which can increase their chances of gaining admission into institutions of higher learning. This argument is also far-fetched because people can build careers in the food industry. There are different careers like food critics, chefs, among others, that can be honed at a tender age. Arguing that the sciences and mathematics fields are preferable is not valid because what will happen when everyone pursues a career in the scientific field? What about the other field of studies like the hotel and hospitality industry? According to Fitzgerald (2016), the learning environment enables learners to ignite sparks and advance the talents identified in individuals at a tender age. Some high-school students would want to pursue and develop their careers in the cooking industry, but they fail because there is no enabling environment to help them pursue their passion. Many successful cooks like Nadia Hussain, was introduced to cooking at a young age by her food and technology tutor.

Similarly, notable figures like Gordon Ramsey have built successful business empires through cooking, and he has inspired numerous age groups to pursue a career in cooking. The examples highlighted indicate that one can have a successful career in the food industry. That is why the high-school environment should embrace cooking lessons to introduce learners to the field at a young age.

Moreover, critics argue that risks and safety concerns limit the advancement of cooking lessons in high school. For instance, opponents suggest that the cooking apparatus and the ingredients used can threaten students. Learners can cut themselves in chopping vegetables, or they might burn themselves and others when using hot equipment like the stove. They also suggest that it will be impossible for the teachers to give proper attention to every learner in the kitchen environment, increasing the risks of accidents and injuries. However, the opponents are wrong in this respect. Which subject lacks risks? An example is a chemistry lesson where learners handle dangerous chemicals like corrosive acids. The truth is that there are risks in life, but that should not stop learners from gaining necessary skills while at school. Cooking is one crucial skill that can tremendously change the student's future when the world is witnessing the progression of lifestyle diseases like diabetes (Owen-Jackson & Rutland, 2017). Most individuals have diabetes, hypertension, and others because they cannot even prepare a decent meal. **Hyperlipidemia has been identified in more than 70 million people in the United States, heightening their risk for heart disease and strokes due to unhealthy diets (White et al., 2016).** When students learn how to cook, they will prepare their meals to determine the ingredients, get the nutrients correct, and what nutrients are organic or otherwise. According to Dean et al. (2021), if these learners wish for unhealthy diets, which are risky in the long term, they should

choose to make similar meals but healthily. Teaching cooking in schools will help students prepare healthy foods and adapt to desirable healthy eating regimes.

To sum it up, cooking is an essential skill that should be taught to high-school students to make students competitive outside the classroom environment. People argue that teenagers do not understand healthy eating habits because they prefer the convenience of junk foods. If students can learn the different essential life skills like doing their laundry, cleaning the house, and washing dishes, they should also learn cooking skills. Furthermore, there are numerous options in the food industry that high-school learners can choose to develop as a career, as witnessed by successful individuals like Gordon Ramsey. In this regard, students who want to pursue a career in the food industry should be accorded the opportunity to do so at a young age while still in high school.

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