

Fish strips street wraps

A teacher at Westfield School, Gosforth, used the [KS3 Cooking and Nutrition lessons from Oak National Academy](#) to support structured learning in practical food lessons. The resources provided a clear framework for teaching sustainable food choices, food science and core cooking skills.

When the school received free hake through the Fish Heroes – Fish from the Chippy initiative, it created a valuable opportunity to bring the learning into a real-life cooking context. Access to fresh fish had previously been limited, so the initiative allowed students to explore new recipes and ingredients while linking their learning to sustainability and environmentally responsible food choices.

Pupil quotes:

“I absolutely loved this lesson! I’ve never prepared or cooked fish before, so it was scary at first — but in a good way. I’m really proud of what I made.”

“I didn’t think I liked fish, but once we added the crispy coating and all the decoration, I couldn’t wait to taste it. It was really yummy!”

“I loved the practical, but I also liked learning about sustainability and why choosing certain types of fish matters. I know I will look out for the MSC mark in the supermarket now.”

The teacher adapted the lesson to create fish strip street food wraps, enabling students to practise a wide range of practical skills. Pupils learned how to prepare and cook fresh hake, coat the fish evenly, and use equipment such as a blender to make breadcrumbs. They also worked collaboratively to make their own flatbreads from scratch, developing teamwork, dough-making skills and timing.

Outcomes

- Improved practical skills: Students gained confidence preparing and cooking fresh fish, coating ingredients evenly and using new kitchen equipment.
- Understanding sustainability: The lesson helped pupils explore sustainable seafood choices and recognise the importance of looking for responsible sourcing labels such as the MSC mark.
- Collaboration: Working in pairs to make flatbreads encouraged communication, organisation and shared responsibility during the practical activity.



- Curriculum links: The activity supported the KS3 National Curriculum by introducing a wider range of ingredients, including fish, and helping pupils build a repertoire of predominantly savoury dishes while understanding food sources and sustainability.

The activity successfully combined the free hake, support from the British Nutrition Foundation, *Food – a fact of life*, Food Teachers Centre and the structured teaching from Oak National Academy resources. This created an engaging and purposeful cooking experience that helped students build practical confidence while strengthening their understanding of sustainability, food science and creative dish development.

Big thank you to ...

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