

Using Oak AI tools and KS3 resources to support nutrition and food choice

A teacher has been using the Cooking and nutrition resources from Oak National Academy, alongside their AI-powered tool (Aila), to support the delivery of food education at KS3. These resources have provided structured, accessible content that supports both teaching and learning across a range of topics.

The teacher integrated Oak's KS3 materials into their lessons, using them to support clear explanations and structured activities specifically around nutrition and food choices. Alongside this, AI tools were used to enhance lesson delivery, helping to generate ideas, adapt content and support planning. This combination allowed for greater flexibility and efficiency, particularly when preparing engaging lesson materials.

The teacher reported a very positive experience using both the Oak resources and AI support, finding them effective in improving lesson structure and reducing planning time.

Outcomes

- Improved lesson planning: The combination of Oak resources and AI tools supported efficient planning and provided clear, structured content for delivery.
- Enhanced teaching confidence: Ready-to-use materials helped ensure consistency and clarity across lessons.
- Engagement at KS3: Students benefited from well-organised resources that supported understanding of key concepts in food lessons.
- Identified need for progression: The teacher highlighted a gap in KS4-specific resources, particularly for revision and more engaging delivery of GCSE content.

Teacher reflection

While highly positive about the KS3 offer and AI tools, the teacher expressed a desire for more support at KS4, particularly aligned with the AQA Food Preparation and Nutrition specification. They suggested that revision-focused materials and more innovative approaches to delivering course content would be especially valuable as students prepare for exams.

This feedback highlights an opportunity to extend existing resources to better support progression from KS3 to KS4, ensuring continuity and effective exam preparation.

Big thank you to ...

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