



*create it. plate it. enjoy it.*

## Step It Up A Notch Package – In My Own Kitchen Junior

The program aims to empower kids to make healthy choices setting them up for a lifetime of wellness. They will also learn to incorporate healthy cooking methods that will teach them an important lifetime skill.

From a child I was with my mother in the kitchen or my father in the garden learning about food, where it came from and what how satisfying making a delicious meal could be.

I have been a professional chef for nearly 15 years and loved food for many more. My aim is to create a fun and inviting space for children to learn the wonders of fresh food and how to enjoying creating with it.

Classes are recommended at 1 hr for children new to cooking, 2 hour lessons are available if you feel your child would enjoy a longer lesson

The first 20-30 minutes of each class is dedicated to nutrition education and activities at age appropriate levels. This may be as simple as engaging the children in activities about what food grows where to what foods you need to eat for overall health and nutrition. The remaining time is dedicated to cooking and clean up.

Prices are \$45/hr or \$80 for 2 hr package + ingredients and travel (see FAQ for full terms and conditions) – for group cooking lessons for 3+ children please enquire for price

Different ideas can be combined for a class to suit your child/ren and friends. If you have dishes you would like your child/ren to learn please feel free to contact me to arrange

- Baking: Banana pancakes, oatly cookies, fruit muffins
- Pasta: Fettucine, butterfly, pappardelle
- Mexican: Burritos, nachos, quesadillas
- Fruit: Fruit salad/wands, fruit jellies/iceblocks, fruit crumbles
- Snack balls: Date and coconut, apricot, chocolate, carrot and coconut
- Meatballs and burgers: chicken, beef and lamb
- Pizza and calzone: home made dough and sauce with toppings
- Salads: basic chopped to more advanced based on child confidence and interest
- Seasonal: Easter and Christmas cooking ideas (baking, salt dough ornaments, take home hand made gifts)