



WELCOME TO IN MY OWN KITCHEN JUNIOR

Where culinary adventures for kids begin!

With over two decades of professional chef experience, I'm passionate about creating a fun and educational space for children to explore the joys of cooking in a relaxed, supportive environment.

Class Details

Duration: One - Two Hour Lessons

Cost: Starting from \$60 per person +
ingredients

Availability:

- After school (from 4pm)
- Saturdays
- School holidays

Location & Travel:

Classes held in your home. Travel surcharges may apply please enquire for exact rate



WHAT'S INVOLVED - YOUR QUESTIONS ANSWERED

What Parents Need to Know

- Kids should wear comfortable clothing
- Closed in shoes and hair tied back recommended
- Photos of food may be taken for promotional purposes but never of the child themselves unless expressly spoken about

Learning Outcomes & Benefits

- Builds confidence and independence in the kitchen
- Encourages trying new foods and flavours
- Develops fine motor skills and following instructions
- Sparks creativity and a sense of accomplishment

Age Suitability

- Ideal for kids aged 6+
- Modifications available for younger or neurodivergent children – just let us know!

Neurodivergence & Sensory Needs

We welcome all children, including those with sensory sensitivities or additional needs. Please reach out ahead of time so we can tailor the session for your child's comfort and success



WHAT'S INVOLVED - YOUR QUESTIONS ANSWERED

Special Events

Looking for a fun birthday idea or group activity? We also offer themed parties and school holiday workshops—get in touch to find out more!

Cancellations & Refunds

- 48-hour notice required for cancellations
- Credit offered for rescheduling within 3 months

Stay Connected

Follow us on Instagram [@inmyownkitchen_luisa](https://www.instagram.com/inmyownkitchen_luisa) for cooking tips, student highlights and upcoming events!

Important Notes

- Allergens: We can accommodate allergens, but our kitchen is not allergen-free. Traces may be present on any equipment provided
- Responsibility: While recipes can be adjusted, In My Own Kitchen accepts no responsibility for participant allergies or equipment issues
- Inherent Risk of Cooking: Cooking involves the use of heat, sharp tools, and kitchen equipment. While all reasonable care is taken to ensure safety, participation is at your own risk. Please ensure children are supervised and follow instructor guidance at all times.



WHAT CAN THEY COOK? SOME FUN IDEAS

Baking & Sweet Treats

Perfect for beginners and creative kids.

- Pancakes or Pikelets with fun toppings
- Cupcakes with colourful icing and decorations
- Simple cakes with basic decorating techniques
- Chocolate chip cookies or jam drops
- Gingerbread or themed biscuits
- Healthy muffins (e.g. blueberry or carrot)
- No-bake cheesecakes or slice-style treats

Pasta & Italian Favourites

Hands-on recipes that build confidence and skills

- Fresh pasta shapes (fettuccine, bow ties etc.)
- Gnocchi with simple sauces
- Ravioli with cheese or spinach filling
- Personal pizzas or calzones

Mexican & Build-Your-Own Meals

Great for kids who enjoy choosing their own ingredients

- Burritos or quesadillas
- Nachos with toppings
- Guacamole and simple salsa
- Taco-style bowls



WHAT CAN THEY COOK? SOME FUN IDEAS

International & Hands-On Foods
Fun options for curious kids who like trying new flavours

- Sushi rolls
- Dumplings
- Spring rolls
- Rice paper rolls

Simple Meals & Savoury Ideas
Balanced recipes that build everyday cooking skills

- Mini burgers or meatballs
- Stir fry noodles
- Mini quiches
- Savoury muffins
- Pumpkin soup with breadsticks

Healthy Snacks & Lunchbox Ideas
Great for building independence and everyday food skills

- Bliss balls (apricot, choc, coconut etc.)
- Smoothie bowls
- Fruit skewers
- Wraps or pinwheels
- Simple layered salads



IN MY OWN
KITCHEN

LET'S CREATE AND MAKE FOOD FUN!

TO BOOK YOUR CLASS OR CHAT ABOUT
CUSTOM OPTIONS, CONTACT:

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