



# 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 \$55 per person + ingredients

📅 Availability:

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

📍 Location & Travel:

Classes held in your home. Travel surcharges may apply for locations beyond 20 mins of Brisbane Northside (Everton Park).



## 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 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

- Pancakes – Delicious pancakes with fun toppings like berries, chocolate chips, and whipped cream
- Simple Cupcakes – Decorate with colourful icing and sprinkles
- Basic Cakes – Learn to bake and decorate chocolate or vanilla cakes with layering and piping
- Healthy Muffins – Wholesome flavours like blueberry, carrot, or savoury muffins

### Pasta

- Fresh Pasta – Make fettuccine, pappardelle or butterfly pasta from scratch
- DIY Ravioli/Tortellini – Fillings like cheese & spinach or chicken & beef
- Gnocchi – Soft gnocchi paired with a light tomato sauce

### Mexican

- Build-Your-Own Burritos – Custom fillings and toppings
- Nachos – With homemade cheese sauce and extras
- Quesadillas – Filled with cheese, veggies, chicken or beans
- Fresh Guacamole & Salsa – Homemade dips to pair with your creations



## WHAT CAN THEY COOK? SOME FUN IDEAS

### Biscuits

- Jam Drops – Choose your favourite jam
- Chocolate Chip Cookies – Add-ins like nuts, dried fruit or white chocolate
- Anzac Cookies – Classic or chocolate drizzle versions
- Gingerbread Men – Fun to decorate with icing and lollies

### Snack Balls

- Date & Coconut Balls – Rolled in cocoa, nuts or coconut
- Apricot Balls – Optional add-ins like seeds or choc chips
- Chocolate Energy Balls – With oats and peanut butter
- Carrot & Coconut Balls – With honey and cinnamon

### Meatballs & Burgers

- Mini Meatballs – Choose chicken, beef or lamb with different herbs and spices
- Mini Burgers – Build your own with toppings and homemade buns
- Veggie Burgers – Made with chickpeas, lentils or beans

### Pizza & Calzone

- Homemade Dough & Sauce – From scratch to finish
- Personal Pizzas – Make it your way
- Calzones – Filled with favourites like ham & cheese or spinach & ricotta



## WHAT CAN THEY COOK? SOME FUN IDEAS

### Salads & Wraps

- Rainbow Wraps: Kids layer colourful veggies, meats, or falafel in wraps
- DIY Salad Jars: Layered salads in jars with homemade dressings
- Rice Paper Rolls: Fill with veggies, noodles, and a dipping sauce

### Breakfast & Brunch

- Egg Muffins: Mini frittatas with fillings like cheese, ham, or veggies
- Smoothie Bowls: Blend and decorate with fruit, seeds, and granola
- French Toast or Pikelets: With fun toppings and fresh fruit

### International Snacks

- Dumplings: Fold and fill dumplings with veggie or meat fillings
- Sushi Rolls: Simple hand rolls with tuna, cucumber, or chicken
- Spring Rolls: Baked or pan-fried with veggie or meat filling



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### Soups & Simple Mains

- Mini Pumpkin Soup & Breadsticks: Great in cooler months
- Stir-fry Noodles: Use pre-cooked noodles and lots of colour
- Mini Shepherd's Pies: Mashed potato topping on individual portions

### Fun Finger Foods

- Skewers: Fruit kebabs, sandwich skewers, or grilled chicken/veg
- Mini Quiches: Easy to prep with pastry or crustless versions
- Cheesy Pinwheels: Puff pastry rolls with ham/cheese or veggie mix

### Sweet Treats with a Twist

- Mini Cheesecakes (No Bake): Set in muffin trays or cups
- Fruit Pops or Frozen Yogurt Pops: Healthy, fun summer option
- Decorated Rice Krispie Squares: Add-ins like choc chips or sprinkles

Classes are not limited to these ideas - these are just some fun ideas to prompt your kids imagination. Get in touch to see what's possible!



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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