

Little chefs at QPAC to cook up a storm

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Pint-sized foodies are set to descend upon the Queensland Performing Arts centre this month as a beloved festival makes its comeback after seven years.

The Out of the Box Festival

will run from June 17-22 and presents a vast array of arts-centric participatory activities

for kids up to the age of 8, with one such event offering little chefs the opportunity to

learn from the best.

Children aged 5 and up are invited into QPAC's Lyrebird Restaurant with professional chef and In My Own Kitchen founder Luisa Scrimshaw.

"The importance of kids in

the kitchen is it exposes them to just different types of foods and textures and tastes that then sort of set you up for life," Ms Scrimshaw said.

"But it's a career choice too, that you start to go, you know, I like cooking ... so it can start to open their eyes to different possibilities as well."



Workshop leader and professional chef Luisa Scrimshaw and little chefs Ruby Pitman, 6, Lux Tynan, 6, at QPAC. Picture: Nigel Hallett