



Welcome! On this course we'll be exploring the world of food with your child. Through research it has been proved that exposure to food, textures and experiences is the most effective way we can get children to enjoy a varied diet. Relax and enjoy this journey and use your new found knowledge and skills to create delicious weekly recipes and perhaps use this time effectively to enjoy learning and mastering skills which will stay with your little chef. Cooking will...

- Promote movement in hands, arms and build motor skills and muscles
- Develop language and talking together by understanding instructions and identifying ingredients
- Develop positive choice when choosing different ingredients
- Build positive memories which you can record and keep
- Generate a sense of happiness in your child which is great for emotional well-being!
- Promote a greater understanding of the food and the world around them

Each week, there will be a different recipe that will tick off a variety of skills together so you can build a portfolio of recipes and a bag full of talent. Remember a child would normally get to make positive choices so if he or she is tired or would like to do an alternative activity don't worry there is always another day just keep their options open. 😊

The format will be as follows:

Week 1 – Knife Skills and dough making – RAINBOW PIZZA

Week 2 – Cold Dessert – FRUIT POTS

Week 3 – Baking – KRISPIE FLAPJACKS

Week 4 – Veggie Skills – RAINBOW COLESLAW

Week 5 – Fish Week – Vegan Option TUNA PASTA/VEGGIE PASTA SALAD

Week 6 – Cake Week – BANANA MONKEY MUFFINS

Week 7 – Street Food Week – MINI COLD WRAP TARTS

Week 8 – Celebration Picnic Week – HUNGRY CATERPILLAR PICNIC

You will get a Task Sheet complete with additional visual guides, photos, lists and extra links for videos to help complete tasks etc.

### FOOD SAFETY

Please make sure before, during and after all food preparation you wash your hands with foaming soap and hot water to ensure high standards of hygiene throughout.

### ESSENTIAL EQUIPMENT –

Willing Grown Up

Apron

Access to hot water and pairs of hands to help with the washing up, drying up & cleaning down!