

Cooking



Cooking

18 Months to 3 years old & 3 to 6 years old

Children love to cook! At Kspace we have two fabulous classes with their own special flavours, pitched perfectly for our two age groups!

ABCs With Food

Day: Thursdays

Time: 1.00pm to 2.00pm (18 months to 3 years)

"A is for ants made from raisins.... B is for big banana split... and C is for crackers with a yummy scrummy dip!"

Our preschoolers are hungry..hungry for healthy food and snacks, and VERY hungry to learn. Our 'ABCs with Food' classes are just what they need – a chance to learn the alphabet through food fun. The children can get their little hands into doughy and sticky mixtures, measure and sieve ingredients, sample tastes and textures, and generally have a great time! We use our imaginations to create landscapes and shapes with food...and even bring home cookies and munchies too!

Every workshop includes the 'ABC' song, chances to practice our Super Manners and a wind-down story time, as well as good hygiene practice.

Cooking

Day: Thursdays

Time: 3.00pm to 4.00pm (3 to 6 years)

This fabulous class for kindergarten aged children has a

secret ingredient! Amidst the cooking children learn practical science, mathematics, weights and measures, new English vocabulary and a little bit of phonics and spelling too! The curriculum covers both sweet and savoury dishes, and we also discuss kitchen related health and hygiene. Children are encouraged to create a cooking diary, and take their own special photo of their yummy finished product at the end of each class. Parents can view the photos on our website link periodically. The children can take home their goodies if they are not devoured in class!

Curriculum

Our Kspace teachers are an eclectic bunch. Many have travelled extensively and sampled the world's dishes, and want to share their food choices with the children. What are their favourites? How are they made? Where do they come from? What do the children think? The children have a wonderful time preparing the dishes and even more fun eating them!

In this workshop we will be looking at all the processes involved in preparing food. We will learn about the origin of the ingredients, serving/table manners and of course we mustn't forget cleaning up (oh no!).

We will make beautiful recipe cards to stick on the fridge at home, so that it is easy for the children to prepare the dish again, and they enjoy scrap booking our handouts for their cooking diaries too. Dishes will be advertised every week.

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