

# Kids♥Kitchen

Cook delicious food together



Kids Kitchen specialises in sessions that enable adults to engage with their children while cooking and eating healthily, sharing knowledge and skills that can be taken back to the kitchen at home.

We believe cooking with children can be so much more than just baking cakes and biscuits. Cooking and eating food in a fun, supportive and friendly environment at a young age can help to build a healthy relationship to food that will last a lifetime.

*“My son doesn't normally eat mushrooms - he did today!”*

*“That was really tasty and not complicated at all, we will definitely try that at home”*

**kid;kitchen.org.uk**

**We offer programmes of sessions for adults and pre-school children.**

Each Kids Kitchen session is for up to ten families, cooking a vegetarian meal from scratch and eating it together. Our sessions are typically two hours long and include:

- An introduction to the food we're going to cook.
- Two 25 minute sets of co-ordinated food preparation with a break for snacks
- 20 minutes wash and tidy up with a story or free play
- Time to get to know each other while we eat our delicious meal together

We can deliver sessions as one-offs or in blocks.

## **Example of a 6 week block**

Week 1: Pizza – making the base from scratch, preparing toppings

Week 2: Chips and Dips – roasted root vegetables with homemade dips

Week 3: Trip to a local growing project to see where the food comes from then back to the kitchen to make Savoury Tarts and salad.

Week 4: Soup and Bread – individual bread rolls sculpted by little hands

Week 5: Veggie Burgers – homemade burgers with all the trimmings

Week 6: Summer Rolls – traditional raw Vietnamese dish, fun to make

**Please get in touch to talk about what we can arrange for you. Session includes ingredients to cook a meal for adults and children, nutritional information, recipe cards, tips on cooking at home with together, and trained workshop leaders.**

**info@kid;kitchen.org.uk**