

Kids Cooking and Nutrition Incursions



Entertaining

Meet The Colourful Chef as he entertains and educates the kids. Kids learn:

- The fun five finger hand washing
- Fun facts about ingredients
- Nutrition tips and information
- Kitchen safety
- Why we need to eat colourful
- Challenges kids to try new foods!

*“Tell me and I forget, teach me
and I remember, involve me and I learn”*

Benjamin Franklin

Interactive highlights

Each child:

- Decorates their own paper chef's hat (*to keep*)
- Individually prepares their own dishes to eat at the end of the session
- Participates in senses challenges (*e.g. guess that food smell*)
- Learns the 5 Golden Rules for cooking and (*healthy*) eating receives a recipe and activity sheet to take home



Details

- Each session runs for 50 minutes - 1 hour Foost provides all ingredients and cooking equipment
- And we take away all the dishes and mess!
- Sessions designed by mother and dietitian, Kate Wengier
- One - two FOOST staff member (*we prefer classroom teachers to join in as role modelling is important*)
- We can tie into and support, healthy eating, healthy living and sustainability classroom lessons

Cost: From \$17 per participant (*minimum fee \$495 + GST*)

*“Thank you Foost, for providing such an
enjoyable and educational FOODIE event”*

Teacher, 4 year old group



Would you like some more information? Contact us 1300 424 377 or events@foost.com.au

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