



Spade TO Spatula COOKING PROGRAMME



This unique cooking programme was specially designed for children between the ages of 2 and 6, giving them an opportunity to explore where food comes from.

At the beginning of each class, each child will receive a seed to plant while enjoying a discussion on basic gardening. This discussion will teach the children about the vegetable or fruit they are planting. The children will then make a delicious dish using the vegetable or the fruit they have just planted.

This holistic approach to cooking will give your child an idea of where food comes from and will ignite their love for nature!

Children may take their planted seeds home at the end of every class as a memento of what they have learnt.

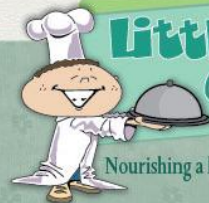


SOUTH AFRICAN
CHEFS ASSOCIATION
CORPORATE MEMBER

For more information about the Spade to Spatula Cooking Programme,
contact Christine on 083 556 3434 or at headoffice@littlecooksclub.co.za

www.littlecooksclub.co.za

Franchise opportunities available. Contact Christine at headoffice@littlecooksclub.co.za



Little COOKS
Club

Nourishing a love for food, body and earth