



JUNIOR CHEFS

COOKING PROGRAMME



This innovative cooking programme was designed for children between the ages of 7 and 15 who want to learn to cook and are interested in food and food preparation

During our four week programme, children work together in teams to promote team work in a pressure-free cooking environment. Our classes are small to ensure that each child gets personal attention. Our aim is to instil a life-long love for cooking in your child. The Junior Chefs Cooking Programme is specially designed to:

- Enable your child to assist you in preparing family meals, giving you the opportunity to spend quality time together.
- Give your child the freedom to express themselves in a creative way through cooking.
- Teach your child adult skills like food preparation, which will boost your child's confidence and encourage independence.
- Teach your child to read recipes, plan ahead, concentrate and complete tasks in a small time frame.
- Teach your child about kitchen hygiene, nutrition and food combinations.
- Encourage your child to try new foods.

For more information about the Little Cooks Club Junior Chefs 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

