TENEO
SA'S NO.1 ONLINE SCHOOL

Culinary Kids

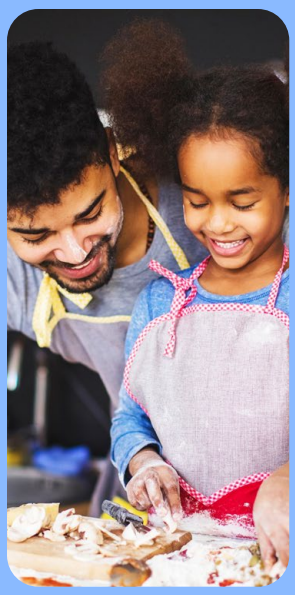
Ages 3 - 11

An introduction to the culinary world



About

Culinary Kids, a sister company to ActionBall SA, strives to encourage children to expand their food horizons by educating and introducing them to food and the many processes involved therewith. Culinary Kids is an introduction to the culinary world and we do not take heat to the classroom.



This fun filled learning process entails teaching each prospective Culinary Kid:

- the basics (the source of milk and eggs)
- the food groups (dairy, fruit and vegetables, proteins, carbohydrates & grain/cereal foods)
- making healthy choices
- independence
- safety in the kitchen
- how to follow a recipe
- decorating, desserts, baking techniques
- how to design and create their very own meals and culinary delights (which involves using cognitive skills as well as gross and fine motor skills)

Culinary Kids was designed with children and their fussy eating habits in mind. A striking feature of the 21st century is a lack of food knowledge and lack of food exposure in the younger generation as well as one dimensional eating habits.

This programme aims not only to enrich each child's food knowledge but also encourages the tasting of new foods, experiencing of new textures and making food a new adventure.

What our parents say...

"We want him to be comfortable with food and learn cooking skills. Thank you for giving him skills he will use for the rest of his life.

He is a little fussy with food now so I'm happy he likes to taste what you make in class."

Reshan
Parent

Cooking Adventures with Culinary Kids: Stirring Up Skills and Smiles

Discover exciting Culinary Kids extramural, where young chefs learn essential cooking skills and explore diverse foods. This program combines hands-on kitchen experience with elective subjects like Life Sciences and Visual Arts, fostering creativity and healthy eating habits. Watch as children transform into confident cooks, making their own culinary delights while having fun in the kitchen!





Cost

R225.00 per child per month, as well as a once-off and compulsory registration fee of R200.00.

- Lessons themed according to each month eg. Mother's Day, Halloween, Healthy eating habits, Proudly South African and more
- Lessons which involve educational elements and allow each child to create their own culinary masterpiece as per the weekly theme and recipe/s
- The R200.00 compulsory registration fee shall entitle each child to a Culinary Kids apron and a Culinary Kids container (to take home each week's innovative culinary creation)

Please note: The monthly fee/s and compulsory registration fee DO NOT include delivery charges, which amount to an additional RIOO.OO within South Africa. To ensure delivery, it is essential to provide a physical address.

Duration

One 40-minute virtual lesson per week for the academic year.

Who can join?

Ages 3 - 11

Learner responsibilities

- To have all ingredients available for the weekly CK lesson
- To attend the CK lesson promptly and at the designated time
- To bring their CK apron and lunch box; and
- To have fun and be creative!

Learners will have to have an email address.

Ready to enrol your child?

Enrol your child now or find out everything you need to know in our how it works page.

Join now