

TENEO

SA's No. 1 Online School

Culinary Kids

Ages 3 - 11



An introduction to the **culinary world.**



Description

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.

Duration

One 45-Minute virtual lesson per week for a year

Cost

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

- 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
- A compulsory registration fee which shall entitle each child to a Culinary Kids apron and a Culinary Kids container (to take home each week's innovative culinary creation).
- The R200.00 registration fee covers the cost

of an apron and container for the student.

Please note: This fee DOES NOT include delivery charges, which amount to an additional R100.00 within South Africa. To ensure delivery, it is essential to provide a physical address.

Who can join?

Ages 3 - 11

Students 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
- To have fun and be creative!

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