

Little Chefs

Cooking Workshop

LEARNING RESOURCE
(FOR 5 YRS+)



QPAC's
**OUT OF
THE BOX**
FESTIVAL FOR CHILDREN
EIGHT YEARS & UNDER

Under the guidance of experienced chef, Luisa Scrimshaw, children will get to roll up their sleeves and dive into the world of cooking by preparing a fun, delicious and nutritious snack for their lunchbox. This is an opportunity for children to explore positive language about food, experience new flavours from around the world, discover where food comes from and how it helps bodies grow. Participants will learn about the Food Rainbow and discover new herbs and spices, sparking curiosity about what makes food yummy and how even little hands can make something tasty! This aligns with Health and Physical Education as they investigate why health information is important for making choices.

Luisa Scrimshaw is a chef and founder of In My Own Kitchen, offering engaging, hands-on cooking experiences for children and families. Her workshops are designed to build confidence, spark curiosity, and inspire a lifelong love of food through sensory learning and playful exploration.

Explore more at inmyownkitchen.com
or follow [@inmyownkitchen_luisa](https://www.instagram.com/inmyownkitchen_luisa) on Instagram.

CURRICULUM LINKS



General Capabilities

Critical and Creative Thinking.

Early Years Learning Framework

Children have a strong sense of wellbeing.

Children are confident and involved learners.

Australian Curriculum V9.0

This workshop will provide teaching, learning, and assessment opportunities to cover the Achievement Standard aspects in the below examples from Prep to Year 2.

In Health and Physical Education Prep students:

- identify and demonstrate protective behaviours and help-seeking strategies to keep themselves safe
- identify how health information can be used in their lives.

In Health and Physical Education Year 2 students:

- explain why health information is important for making choices.

Content Descriptors

Identify health symbols, messages and strategies in their community that support their health and safety

(AC9HPFP06).

Suggested Preparation or Extension Activities:

Key words: Chef sushi rainbow food spices nutritious recipe restaurant menu

Key questions:

How many foods in the rainbow can you name?

Which is your favourite to have in your lunchbox?

What utensils do you know about from the kitchen drawer?

How many have you used before?

Which is your favourite?

Do you know what foods grow on a tree? What about a vine? Do you know which foods grow under the ground?

What foods from the rainbow do you like to have in your lunchbox?

What do you use in the kitchen?

Does anyone have any idea of what different colours indicate about food?

Where does food come from?



PRE – WORKSHOP ACTIVITY

SCRUB UP!

PURPOSE: To discuss the workshop and how it will run on the day.

RESOURCES: Picture of workshop from website

- 1) Discuss with the students that they are attending a workshop at the OOTB festival and that they will be led by an experienced chef, and they will be working in the QPAC restaurant. Explore their food choices and prepare them for the safety requirements of the kitchen.

(Wash their hands, clean up at the end, be careful with chopping boards, avoid licking their fingers, etc.)

Do you know why we need to wash our hands before cooking?

What might happen if we lick our fingers and then keep cooking?

What sort of things might we need to be careful using in the kitchen?

What might an adult need to help us do when cooking?

Do you know why chefs wear aprons when they cook?

Do you know what a recipe is? Why do people need a recipe when they are learning to cook? What does it tell them to do?

What is your favourite food to eat? What colour is it? Is it sweet or salty or sour? Do you know which country it comes from?

- What food do they like to eat the most?
- What food do they eat all the time, everyday food?
- Why is food important for our bodies?

- Ask students what they need to do before they start cooking.
- How can you be safe in the kitchen and when cooking?

- 2) In pairs, ask students to create a freeze frame of their favourite food. (A frozen image created by their bodies) e.g. a banana, a cheeseburger, a lamington etc.

WHERE IS AN EGG FROM ?

PURPOSE: To create an interest in food and its origins and to avoid being judgmental but to explore and create curiosity about food.

- Ask students to talk to an elbow buddy about the following foods: eggs, carrots, bread, and rice. Where do these foods come from? Can they share with the class, how do they think the food has made it to our tables? Is it grown, is it from an animal, does it need water to grow, do people help to shape it? Children share their ideas.
- Do they have food at home for special occasions. (Nutritionists call this sometimes foods.) Who makes these dishes? Did a grandparent teach them the food/ meal or is it a tradition that their parent/adult started? Is the food from a particular country or just special to their family?
- What is used to make this special dish – do they know the recipe?
- Students list the ingredients needed to make this dish and explain it to the class.



MY MENU

PURPOSE: To be creative after the cooking workshop and decide ideas for their lunchboxes and ideas for cooking with family.

RESOURCES: Butcher's paper and coloured pencils etc.

- Children are asked to draw a lunch they would like to have in their lunchboxes, the only criteria is it must have three different foods with three different colours.
- Brainstorm meals children and teachers eat regularly. List for all to see.
- Children write a menu for the week that they would like to cook with family for three nights. Monday after school, Friday night, and Sunday night. What new ideas would they like to try.
- Children present menus to class and discuss why they made their choices.

Further extension activities: Could these be turned into class recipes? Could they learn how to write a recipe and what they need to have in a recipe. Can they look at recipe books and see the difference in recipes with pictures and recipes without?

Extra resources

www.austalianeggs.org.au – How is an egg formed?

www.sunrice.com.au – Where is rice grown in Australia

Songs about food

Apples and Bananas by Raffi

On Top of Spaghetti by Tom Glazer

Pat-a-Cake, Pat-a-Cake, Baker's Man

Do you like Broccoli or Ice-Cream?

Are you Hungry?