



Kids Cookery Club (Food Fight Club)

We originally started the kids cookery club in September 2017 to see how popular it would be and if we were able to keep a large group of children entertained as well as learning a little bit about food, how it's made and where it comes from.

My passion behind the class was to get children interested in food and what they are putting into their bodies, not to try and create the chefs of tomorrow. Seeing a lack of home economics or basic life skills taught in School, highlighted by my own schooling and now watching my daughter go through the education system.

The age range of the classes has been from 3-13. The older kids do some of the more difficult jobs, like filleting fish for example, while the younger kids get involved with the more basic tasks like mixing and weighing. We split into teams so everyone gets a chance to get involved and at the end we all sit down and eat the fruits of our labour.

Since September we have made pasta, pizza, fish finger sandwiches, cookies, possets, shortbread, ginger biscuits and even carved a pumpkin or two. We also made mayonnaise as a group, so the children can see what goes inside. It's amazing to see their reactions! All allergies and intolerances are catered for.

For 2018 we are stepping up and offering more of our classes and the response already has been phenomenal. So far we have penciled in 4 classes, two on Mondays, from 4:30 until 7pm and two on Thursdays, starting 3:30 until 6pm. There will be four sessions per term, prices are £10 per child, per class and payment for the entire course will need to be made up front.

The dates are:

Class 1 (Mon)	Class 2 (Mon)	Class 3 (Thur)	Class 4 (Thur)
May 14 th	May 21 st	May 17 th	May 24 th
June 4 th	June 11 th	June 7 th	June 14 th
June 25 th	July 2 nd	June 28 th	July 5 th
July 9 th	July 16 th	July 12 th	July 19 th

More class dates are ready but we want to make sure we fill these dates first.

First term dishes will be:

Week 1. Scotch Eggs and Brownies

Week 2. Meatballs and Banoffee Cheesecake

Week 3. Korma, Lemon Drizzle

Week 4. Pasty, Crumble

All food and squash drinks will be provided, we only ask that you bring an apron for your child. Parents are welcome to stay and get involved.

If you would like to get your child involved please email

foodfight@rubinokitchen.co.uk indicating which dates you would prefer.