



## 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.

The dates are:

Class 1 (Mon)	Class 2 (Thur)
September 24 <sup>th</sup>	September 27 <sup>th</sup>
October 15 <sup>th</sup>	October 18 <sup>th</sup>
November 19 <sup>th</sup>	November 22 <sup>nd</sup>
December 10 <sup>th</sup>	December 13 <sup>th</sup>

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

First term dishes will be:

- Week 1. Toad in the hole, Chocolate Mousse
- Week 2. Chicken Kiev, Carrot Cake
- Week 3. Lasagna, Muffins
- Week 4. Veg Pie, Brulee

*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](mailto:foodfight@rubinokitchen.co.uk) indicating which dates you would prefer.