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**Practical Outcomes**

*Specialising in Children's Services*

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# Let's Cook!

## **Australian Childcare Alliance Queensland National Childcare Conference 2016 “*Reveal the POSSIBILITIES*”**

**LeRoy Hand & Carmel Zeidan**

**Practical Outcomes Group**

# Welcome

## Session Overview

- Exploring the educational possibilities of cooking
- Making it safe; equipment and processes
- What are the barriers; changing our mindsets
- Recipes; what can we “cook” with children
- Supporting children to explore a wider variety of food

# Pizza & Gnocchi dough - methods

## ***Compost Pizza – How to:***

- Sift flours together, season with salt & pepper.
- Add natural yoghurt & mix until well combined.
- Add extra flour, if needed to create a “non-sticky” dough
- Knead for 8 min - rest for 20 - 30 min

## ***Potato Gnocchi – How to:***

- Peel warm, cooked potatoes, pass through a sieve, chill for 15 min
- Add & mix the parmesan, egg, salt & pepper
- Sprinkle over flour, incorporate using your fingertips until just combined
- Don't overwork, rest for 15min

# Why cook?



## Helps children to;

- Explore and develop concepts and ideas
- Develop food knowledge
- Develop a “taste” for a broader range of foods.

# Perceptions and Limitations

- Why don't we cook with children?
- What are the barriers?
- How can we overcome them?
- How can we provide a safe cooking experience for children?
- Do all cooking experiences need to include cooking food?

# Developing the enjoyment of food

**When did vegetables  
become evil?**

“You cant have dessert until  
you eat all your.....”

**Are we creating fussy  
eaters?**



# Making the most of your ingredients

- Using ingredients from the garden
- Use what is in the fridge
- Reducing waste
- Costs – keeping it down



# Child safe equipment





# So.....lets cook!

- Compost pizza
- Potato gnocchi
- Spring rolls
- Vegetable chips and dip



# Thank you for coming

“Cooking with kids is not just about ingredients, recipes, and cooking. Its about harnessing imagination, empowerment and creativity.”

*Guy Fieri*

