



WELLINGTON EXTRA COOKERY

Most children have phases during childhood when baking or cooking is a keen interest. This natural curiosity is a perfect opportunity to capitalize on a great learning experience, the art and science of cooking.

It's never too late, or too early, to begin the learning curve in the kitchen. For instance, during infancy, babies watch and absorb the activities of their surroundings. Naming foods aloud and hearing the whir of the blender stimulates baby's learning. The toddler figures out how things work and learns from simple tasks such as pouring and mixing ingredients together. Not a tidy task to take on, but nevertheless, a fun and stimulating one for toddlers. Preschoolers have better fine motor skills that allow cracking eggs and measuring dry and wet ingredients. Students can take it up a notch with basic techniques like whisking and chopping, and cooking over a hot stove (with supervision). Tweeners can further hone knife skills and begin to independently follow recipes. Lastly, teens, who naturally want more freedom, can gain it in the kitchen with simple, pleasing recipes like homemade cookies to more complex aspirations such as cooking an entire meal for the family.

Here's just a short list of the wisdom that gets passed on when kids cook:

Math Skills: Doubling a recipe requires addition (or multiplication) skills, halving it requires division, and recipe fractions like $1/2$ cup and $3/4$ teaspoon bring math applications into the kitchen. Often, kids don't recognize they are practicing math!

Comprehension: Reading and understanding step-by-step directions, adding ingredients in sequence, and techniques such as folding and blending, are all important components to yielding the finished food product. Helping your child fine tune his reading comprehension skills at the same time doesn't hurt!

Real Life Science: Cooking is a science experiment. Too much salt, baking powder, not enough flour, or the wrong timing and you're likely to have a flop on your hands. Cooking provides an opportunity for children to get hands-on experience with basic science.

Self-Esteem: Cooking allows children to get instant feedback, which helps them learn and grow in self-knowledge. Learning a new skill, such as baking or cooking, is known to help school children with healthy self-esteem development.

Communication: A relaxed atmosphere in the kitchen offers an opportunity to talk, about anything!

Life Skills: Cooking is a life skill, much like driving a car, learning to read, or swimming. As children grow and get closer to adulthood, the job of feeding becomes theirs. Start the cooking lessons at a young age so the transition to adult cook is easy later on.

Fun! Last but not least, cooking is fun!

YUMMY COOKERY SCHOOL

Our school with an intention of wanting children to be able to take part in the kitchen role and get to explore cook and bake for real not just play from role play in the classroom or in the playground.

Our activities have becomes really popular among children from the age of 3 years old up until the age of 15 years old.

Learning through play is our main mission as we believe it is the best way - to learn from real life experience in fun and safety base.



Activity Outline

Below is an outline of what the student will create over during the Wellington Extra program.

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| Chocolate Plant Pot Cake | Homemade Burger |
| Quesadilla | Chocolate Chip Cookies |
| Oatmeal And Raisin Cookies | Sweet Sausage Buns |
| Baked Spinach | Portuguese Egg Tarts |
| Fruit Tart | Gyoza |
| Spaghetti Carbonara | Fluffy Pancakes |
| Spanish Churros | Spanish Omelette |
| Sushi Rolls | Doughnut |
| Ginger Bread Man | Nasi Lemak |
| Korean Bibimbup | Cream Puffs |
| Carrot Cake | Spring Rolls |
| Lasagne | Rainbow Cup cake |
| Chocolate Lava Cake | Spaghetti Bolognese |
| Thai Papaya Salad | Chocolate Croissant |
| Blueberry Cheese Pie | Rainbow Crepe Cake |
| Taco | |

Development will depend on the ability of the student and the instructors will