



Improved sensory experiences and use of gross motor and fine motor skills as well as hand-eye coordination skills:

- children are encouraged to rely on all of their senses (sight, hearing, smell, touch and taste) when working on their culinary creations; and
- all gross and fine motor skills, including hand-eye coordination and bilateral coordination, are developed through chopping with a child-safe utensil, spreading, shaking, washing fruits & vegetables, mixing, squeezing, sprinkling and cutting with a child-safe utensil.



Improved basic math, reading and practical science skills (Cognitive Development):

- following the steps of a recipe involves reading, comprehension and sequencing skills;
- children have to count and measure ingredients in each and every class or half/double their ingredients whereby practical math shall apply; and
- children shall learn about colours and how to create different colours, textures and mediums.



Vocabulary (Language Development):

- new words are introduced to each child's vocabulary on a daily basis and each class aims to advance each child's literacy level.
- Such new words include: puree, crush, grate, chop, slice, sprinkle, zest, whisk etc.



Encourage a more adventurous and diverse palate especially for the fussy eaters:

- each child is encouraged to sample different foods in each lesson which they may not usually try in a home environment; and
- each child is taught about healthy ingredients, where their food comes from and which foods are important for the child to grow.



Teaches children to have fun in the kitchen!