



free
cooking
class

All
Ingredients
included!

www.cookstars.co.uk

Benefits:

Cooking provides health, social and educational benefits.

We believe that all adults and children should have the opportunity to learn to cook and eat healthy food so that they can make good food choices and look forward to a healthier future.

We cook dishes using fresh ingredients which are healthy and delicious.

Children work both independently and in teams which can build their confidence and communication skills. The atmosphere is fun, challenging and inspiring.

Cooking combines other elements of learning such as science experiments, literacy, maths, geography and languages to enhance the cooking experience! We inspire our pupils whilst drip feeding the healthy eating message – it's so much fun they don't even realise they're learning!

what do we require?

All we require is space from which to run our classes along with tables (eg. school hall or class room) and access to a sufficiently sized oven.

Please note, pupils safety is of paramount importance and children do not put food in, or remove food from the oven. If your school does not have oven facilities we can provide portable ovens, or prepare dishes which children can take home to cook or provide non cook options.

Our sessions can be wholly self-contained that require the minimal of time, effort or involvement on the teacher's part. Once we've agreed with you which sessions you want and whether any special modifications are necessary, you can leave the rest entirely in our hands.

We will:

- Provide information for the school to inform parents / children about our classes along with consent forms
 - Prepare all food and ingredients
- Set up the hall / room, ready for the children's arrival (we will require tables)
 - Supply all equipment needed to prepare the dish.
 - Provide a clean apron for each pupil
 - Supply attractive, wipeable, easy-to-follow recipe cards
 - Deliver workshop(s) to the agreed schedule
- Provide containers / packaging for everyone to take their food home
 - Provide any associated reading materials
- Remove all equipment and refuse at the end of the session(s)
 - Leave the room clean, tidy and ready for re-use

Please get in touch to discuss your requirements and we will be happy to provide costings and provide any further information.



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About Cook Stars

We offer children's services within Salisbury & Andover and hope the information below will be of interest to you. Furthermore, we would like to offer your school a FREE session if you think our services could be utilised by your school.

Cook Stars offers practical cookery lessons in which each pupil participates to create their very own dishes from scratch. Classes of up to 12 are taught in sessions ranging from 60 minutes to 90 minutes. Our sessions are filled with good food, friendly informative teaching and plenty of hands-on experience.

We will visit your school and deliver fun and interactive sessions. Pupils are taught in a fun informal way and learn important skills that will put them in good stead for life. Each child is provided with their own workstation as well as an apron, all ingredients and equipment to create their dish.

Whilst the dishes are cooking, children are kept engaged with a craft activity to keep them entertained for the entire session.

All dishes are packaged up at the end of the session and everyone is provided with a recipe card to take home along with their dish.

We can hold a one-off session with a single group, on-going weekly sessions with children (and their parents if you wish) and even see the whole school over a series of days. This can be tailor-made to fit in with specific themes or requirements, subject to the facilities you have available.

A member of Cook Stars will always carry out a site visit risk assessment prior to agreement. All Cook Stars staff are DBS checked and all hold public liability insurance. Cook Stars is 5-star rated by The Food Standards Agency.



what we cook:

We make a wide range of meals from around the world which alternate between a sweet week and a savoury week the next at regular sessions. We cook 'real' food with substantial portions... such as Cannelloni, Samosas, Veggie pizzas, Soda Bread, Fruity Bread, Carrot Cakes etc. We can also tailor recipes to fit in with specific themes or requirements.



Our Classes:

Memorable, engaging and affordable, our sessions are designed to encourage a healthy appetite for learning. We keep our prices as low as feasibly possible as we want as many children as possible to share our passion for food and cooking.

Our classes provide EVERYTHING children will need and provide outstanding value. We bring along all ingredients and equipment, an activity during cooking time (for children), packaging at the end of the class and a recipe card for every person to take home with them to cook again.



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