

# Opening children's minds to good food and cooking



"Bringing children into the kitchen to learn how to cook with the help of adults".



Little BIG Cooks



little\_big\_cooks



fun time



learning



nutritional

## "The what we do bit"

Cooking is an essential life skill - teach children young and they'll love it for life. More importantly, by knowing how to cook good food for themselves, Parents or Guardians will be setting their children up to eat well once they leave home. We know that some families have their own special meal, for example, Finley's Mum always cooks her '5 Layer Lasagne' on Tuesdays and Laura's Dad always cooks on Thursdays his 'Chicken & Spinach Slab Pie'. These recipes are not only fresh good food but are also memories for the whole family.

Little BIG Cooks wants Parents or Guardians to open their children's minds to good food and cooking and to capture those memorable magic moments of learning which we will then put into our "Little BIG Cooks" Cook Book.

It will also be good for the community to share their recipes as this may get the taste buds going in another household.

## "The how it will work bit"

For those children in years 3 & 4 who would like to be featured in "Little BIG Cooks" Cook Book, we will give the School some forms for the Parents/Guardians to complete whilst cooking with their child. The information that we will require is;

- 1) Child's name
- 2) What the child is cooking & with whom
- 3) Ingredients and measurements
- 4) Recipe method to include every step
- 5) A "Little Tip from the Boss" (Parent/Guardian advice)

The Parent/Guardian will need to take some photographs of those magical learning moments, some staged and smiley & some with the child focused and learning whilst cooking. We will publish 4 images out of the selection provided. We also need a nice photograph of the finished plate.

As this is about learning, we are keen to understand about how the Parent/Guardian & child cooking affects their relationship, so there is a short questionnaire to be answered. We won't be asking for anything personal, as we understand data protection is important for all.

Once the cooking has taken place, we ask the child to bring the completed forms back to the School for us to collect. All images from the parents will need to be emailed to "Little BIG Cooks" directly.

Recipes in easy-to-follow  
bitesize chunks

## MENU

Welcome to  
Little BIG Cooks  
'Introduction'

by

Carl  
Mitchell



# BIG Smiles please!



Poppy Mitchell aged 8 cooking Sausage & Kale Pasta.



Little BIG Cooks



little\_big\_cooks

We would love to come and meet you to discuss further

In the words of Jamie Oliver who has no association to Little BIG Cooks:

"I believe it's a parent or guardian's duty to help teach their kids about food. For those 175 days a year when they're not at school, we should be inspiring them with a range of fresh foods. Cooking with kids is fun. And more importantly, it's likely to help them towards living long and healthy lives. Please, just start cooking with your children – you won't look back."

<http://www.jamiesfoodrevolution.org/news/please-just-start-cooking-with-your-children/>

Little BIG Cooks needs your help to encourage Parents or Guardians to teach their children the art and science of cooking. This will give the child a hands-on way to discover new flavours and new foods BUT not only that, it will also help boost their Maths, language skills and their emotional development.

I am Carl, you can call me on 07493 502982, or you can email [little\\_\\_big\\_\\_cooks@outlook.com](mailto:little__big__cooks@outlook.com) to ask for more information. I would appreciate just 20 minutes of your precious time to give you a more in-depth outlook of Little BIG Cooks vision and more importantly how we can get children cooking.



Little BIG Cooks



little\_big\_cooks