



Kids Who Cook – Level 1 Module Book

Module 1 – Kitchen Equipment

Learn about essential kitchen equipment, including knives, pots, cutlery, and utensils. Students will explore the purpose of each item, when it should be used, and why different tools are important in cooking. Learners receive a notebook with images and notes to support their learning.

Module 2 – Kitchen Safety

Focus on fire safety, burn prevention, handling injuries, food safety, cross-contamination, expired foods, labels, and safe food preparation practices. Students will learn how to use kitchen equipment responsibly and safely.

Lesson 3 – Ingredients and Preparation

Introduction to ingredients, their health benefits, different types of oils and their uses, cutting techniques, preparation methods, and safe handling of equipment.

Lesson 4 – Practical Starter Meal

Students apply previous knowledge through practical cooking. Examples include breadsticks, soup, or small pies. The lesson introduces the concepts of starters and main meals.

Lesson 5 – Main Meal Preparation

Students prepare a simple Level 1 main meal such as pasta and mince, chicken and vegetables, or mash and sausage. Future meal plans will be shared after each lesson.

Lesson 6 – Dessert Preparation

Students prepare a Level 1 dessert such as custard from scratch, pancakes, or muffins while following cooking methods from start to finish.

Lesson 7 – Assessment and Team Challenge

A practical assessment and knowledge test. Students work in teams to recreate meals independently, strengthening teamwork, confidence, and problem-solving. Participants receive a halfway achievement certificate.

Lesson 8 – Advanced Starter Meal

Students prepare another starter meal while following guided instructions and methods.

Lesson 9 – Advanced Main Meal

Students prepare a new main meal while building on previously learned skills.

Lesson 10 – Advanced Dessert

Students create another dessert and continue developing confidence in kitchen techniques.

Lesson 11 – Advanced Main Meal

Students prepare another main meal and refine their practical cooking abilities.

Lesson 12 – Menu Planning and Dining Experience Preparation

Students learn menu planning, meal preparation, teamwork, and service. Teams design a menu for the parent dining experience and plan responsibilities.

Parent Dining Experience

The term concludes with a Parent Dining Experience. Teams of two students will prepare, present, and serve a complete meal for their guests. This experience allows students to demonstrate the skills they have learned throughout the course. Key Information: Three-course meal prepared by students. One deli drink included. Complimentary juice and water provided. Maximum of four guests per student unless otherwise arranged. Students must arrive one hour before the event. Participation fee approximately R80–R100 to cover ingredients. Parents may opt out, but should notify the organisers by Lesson 11