



Kids Who Cook – Level 2

Program Overview

Level 2 is designed for students who have successfully completed Level 1. This course builds on the fundamental skills learned previously and introduces more advanced food preparation, storage, planning, and practical cooking techniques.

Students will continue developing confidence in the kitchen while learning greater independence, responsibility, teamwork, and food management skills.

Lesson 1 – Food Preparation and Storage

Learning Outcomes

Students will:

- Refresh their knowledge of kitchen equipment and utensils.
- Review safe equipment handling procedures.
- Learn proper food preparation methods.
- Understand food storage requirements.
- Learn how to safely store leftovers and prepared meals.
- Understand refrigeration, freezing, and reheating guidelines.
- Learn how food safety affects health and quality.

Practical Focus

Students will gain hands-on experience preparing and storing food correctly while learning the importance of food preservation and reducing waste.

Lesson 2 – Starter Preparation

Learning Outcomes

Students will:

- Prepare a starter meal from scratch.
- Learn recipe reading and preparation techniques.
- Understand ingredient preparation and presentation.
- Practice kitchen organisation and hygiene.

Practical Focus

Students will prepare a starter dish from the Level 2 menu guide while developing independence in the kitchen.

Lesson 3 – Main Meal Preparation

Learning Outcomes

Students will:

- Prepare a complete main meal.
- Improve timing and organisation skills.
- Learn advanced preparation methods.
- Understand meal balance and presentation.

Practical Focus

Students will prepare a Level 2 main meal while receiving additional training and guidance throughout the lesson.

Lesson 4 – Dessert Preparation

Learning Outcomes

Students will:

- Prepare a dessert from scratch.
- Learn baking and dessert preparation techniques.
- Practice food hygiene and safety procedures.
- Develop confidence in measuring and following recipes.

Practical Focus

Students will complete a Level 2 dessert while applying safe food handling practices.

Lesson 5 – Advanced Starter

Learning Outcomes

Students will:

- Prepare a second starter dish.
- Refine preparation and presentation skills.
- Improve speed and efficiency.

Practical Focus

Students will complete a more advanced starter recipe from the Level 2 menu guide.

Lesson 6 – Advanced Main Meal

Learning Outcomes

Students will:

- Prepare a second main meal.
- Demonstrate improved planning and execution.

- Develop confidence in independent cooking.

Practical Focus

Students will complete a more advanced main meal using techniques learned throughout the course.

Lesson 7 – Mid-Term Assessment

Knowledge and Practical Evaluation

This lesson allows students to demonstrate what they have learned during the first half of the program.

Assessment Includes:

- Kitchen equipment identification
- Food safety questions
- Ingredient recognition
- Practical cooking challenge
- Teamwork assessment

Students will work in teams to recreate one of the meals previously prepared during the course with limited guidance.

This practical assessment allows students to:

- Identify strengths and weaknesses
- Build confidence
- Learn from mistakes
- Improve teamwork and communication

Students who successfully complete this stage will receive a Mid-Term Achievement Certificate.

Lesson 8 – Advanced Starter

Students will prepare an additional starter dish while refining presentation, timing, and preparation skills.

Lesson 9 – Advanced Main Meal

Students will prepare another main meal using more advanced preparation and cooking techniques.

Lesson 10 – Advanced Dessert

Students will prepare another dessert while focusing on precision, presentation, and consistency.

Lesson 11 – Advanced Main Meal

Students will prepare a final main meal before beginning preparations for the Parent Dining Experience.

Lesson 12 – Menu Planning and Event Preparation

Learning Outcomes

Students will:

- Learn menu planning principles.

- Understand meal costing basics.
- Work collaboratively in teams.
- Plan a complete dining experience.

Practical Focus

Students will work in teams of two to:

- Create a menu
- Assign responsibilities
- Plan preparation schedules
- Organise service requirements
- Prepare for the Parent Dining Experience

Parent Dining Experience

The course concludes with our exciting Parent Dining Experience.

Students will work in teams of two to prepare, present, and serve a complete three-course meal for their parents and guests.

This event provides students with real-world hospitality experience and allows them to showcase the skills they have developed throughout the program.

The Experience Includes

- Three-course meal prepared by students
- One deli beverage per guest
- Complimentary juice and water
- Table preparation and service
- Menu presentation by students

Students will be required to arrive one hour before the event to assist with setup and preparation.

Parent Information

Guest Attendance

- Maximum of 4 guests per student unless otherwise arranged.
- Minimum of 1 parent or guardian encouraged to attend.
- Alternative arrangements can be made if parents are unavailable.

Event Fee

A small contribution of approximately R80 – R100 per guest may be required to cover ingredient and preparation costs.

Participation

Parents wishing to opt out of the dining experience should notify us by Lesson 11 so that suitable team arrangements can be made.

To host the event successfully, a minimum of two attending parents between participating students is required.

Graduation

Upon successful completion of Level 2, students will receive a Kids Who Cook Level 2 Certificate and become eligible to progress to Level 3.