



Kids Who Cook – Level 3

Program Overview

Level 3 is designed for students who have successfully completed Levels 1 and 2. At this stage, students move beyond following recipes and begin developing creativity, independence, leadership, and menu planning skills.

Students will be encouraged to explore new dishes, suggest meals they would like to learn, and take a more active role in planning and preparing meals. This level focuses on confidence, decision-making, teamwork, and preparing students for more advanced culinary experiences.

Lesson 1 – Exploring New Meals and Recipe Development

Learning Outcomes

Students will:

- Review key skills from Levels 1 and 2.
- Refresh their understanding of kitchen safety and equipment.
- Explore new recipes and cooking techniques.
- Learn how to adapt and follow unfamiliar recipes.
- Begin developing confidence in selecting meals independently.

Practical Focus

Students will complete an interest survey where they can suggest meals they would like to learn. These may include dishes not currently featured on the standard menu guide. Students will learn how to approach and prepare a new recipe from scratch using the cooking methods and techniques developed during previous levels.

Lesson 2 – Student Choice Practical

Learning Outcomes

Students will:

- Prepare a meal selected by one of the students.
- Apply previously learned cooking methods.
- Use kitchen equipment and utensils correctly.
- Develop confidence in preparing unfamiliar dishes.

Practical Focus

The class will work together to prepare a student-selected meal while learning new techniques and approaches.

Lesson 3 – Student Choice Dessert

Learning Outcomes

Students will:

- Prepare a dessert chosen by one of the students.
- Learn advanced dessert preparation techniques.
- Improve measuring, presentation, and timing skills.

Practical Focus

Students will create a student-selected dessert while focusing on presentation and consistency.

Lesson 4 – Guided Main Meal

Learning Outcomes

Students will:

- Prepare a Level 3 main meal.
- Improve meal planning and execution.
- Learn more advanced preparation techniques.

Practical Focus

Students will complete a guided main meal from the Level 3 menu guide.

Lesson 5 – Guided Starter Meal

Learning Outcomes

Students will:

- Prepare a starter dish from the Level 3 menu guide.
- Refine presentation and plating techniques.
- Improve kitchen organisation.

Practical Focus

Students will prepare a more advanced starter while focusing on quality and presentation.

Lesson 6 – Advanced Starter Practical

Learning Outcomes

Students will:

- Prepare another Level 3 starter.
- Demonstrate improved independence.
- Refine food preparation techniques.

Practical Focus

Students will complete an additional starter dish with minimal guidance.

Lesson 7 – Mid-Term Assessment

Knowledge and Practical Evaluation

This lesson provides students with the opportunity to demonstrate the skills and knowledge they have gained throughout the first half of the program.

Assessment Includes

- **Equipment identification**
- **Ingredient knowledge**
- **Food safety practices**
- **Recipe planning**
- **Practical cooking challenge**
- **Teamwork and communication**

Students will work in teams to recreate one of the meals previously prepared during the course without direct guidance.

This assessment helps students:

- **Build confidence**
- **Develop leadership skills**
- **Improve problem-solving abilities**
- **Learn from mistakes**
- **Strengthen teamwork**

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

Lesson 8 – Student Choice Challenge

Learning Outcomes

Students will:

- **Work collaboratively to choose a dish.**
- **Plan preparation and cooking methods.**
- **Demonstrate creativity and initiative.**

Practical Focus

The class will vote on a dish and work together to prepare it using skills learned throughout the program.

Lesson 9 – Advanced Main Meal

Students will prepare another Level 3 main meal while focusing on timing, flavour, and presentation.

Lesson 10 – Advanced Dessert

Students will prepare a more advanced dessert while developing precision and creativity.

Lesson 11 – Final Main Meal

Students will prepare a final Level 3 main meal before beginning preparations for the Parent Dining Experience.

Lesson 12 – Menu Planning and Event Preparation

Learning Outcomes

Students will:

- Create a complete dining menu.
- Understand menu balance and meal flow.
- Work effectively in teams.
- Plan and organise a hospitality event.

Practical Focus

Students will work in teams of two to:

- Create a three-course menu
- Assign kitchen responsibilities
- Plan ingredient requirements
- Organise preparation schedules
- Prepare for the Parent Dining Experience

Students will be encouraged to incorporate their own ideas and creativity into the menu.

Parent Dining Experience

The term concludes with the Kids Who Cook Parent Dining Experience.

This event allows students to showcase the skills they have developed throughout all three levels of the program.

Teams of two students will prepare, present, and serve a complete three-course meal to their parents and guests.

Students will take responsibility for:

- Menu presentation
- Meal preparation
- Food plating
- Table setup
- Guest service
- Team leadership

This event provides valuable real-world hospitality experience while celebrating each student's achievements.

Event Information

The Experience Includes

- Three-course meal prepared by students
- One complimentary deli beverage per guest
- Complimentary juice and water
- Table setup and service by students
- Student-led menu presentation

Student Arrival

Students must arrive one hour before the event to assist with setup and preparation.

Guest Attendance

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

Event Contribution

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

Participation

Parents wishing to opt out should notify us by Lesson 11 to allow for suitable team arrangements.

A minimum of two attending parents between participating student teams is required for the event to proceed.

Graduation

Upon successful completion of Level 3, students will receive the Kids Who Cook Level 3 Certificate of Achievement.

This certificate recognises their ability to independently plan, prepare, present, and serve a variety of meals while demonstrating strong kitchen safety, teamwork, leadership, and hospitality skills.