

# GET KIDS COOKING

## **THE KITCHEN KART** **Inspiring students to cook up a healthy future at your school!**

*The Kitchen Kart is a compact mobile kitchen with over 200 lesson plans that is an easy and affordable way for primary schools to provide children with basic cookery skills that will help them to make their own good nutritional choices for life!*

Most of us would agree that it's vital to equip future generations with the skills and knowledge to make healthy food choices.

Eating patterns that begin in childhood affect health and well-being throughout life, so early education is an important step in starting children with a positive relationship with food, and this begins with cooking classes in primary schools.

The Kitchen Kart is a compact mobile kitchen that comes complete with oven, stovetop and even a kitchen sink! Equipped with all the cooking tools and equipment required to run lessons, The Kitchen Kart makes it easy for teachers to deliver cooking classes in a hall, covered area, class or staff room – even wheeled out to cook in the school kitchen garden.

Suitable for all primary school years and stages, The Kitchen Kart features include;

- A commercial convection oven for super fast baking and cooking
- An induction stove top for added student safety
- The plug in oven means standard electricity outlets can be used
- The kitchen sink, clean and grey water waste tanks so no fixed plumbing is required
- Lockable cupboards and draws for security
- Commercial grade stainless steel for durability and hygiene
- Child safe kitchen tools and utensils
- Sturdy, lockable castor wheels for easy maneuverability and safety – you can run a cooking class anywhere in your school
- Over 200 'Cook in a Box' modules linked to The Australian Curriculum available to use in a 40 minute class environment
- Modules include instructional videos, teacher tools, lesson plans and allergy aware recipes

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- Australian designed and manufactured
- Foldaway design means it can be stored easily when not in use
- The Kitchen Kart can be delivered anywhere in Australia, straight to your school ready to start cooking
- Ranging from \$1xxxx to \$2xxxx, your school or P&C can purchase The Kitchen Kart, or utilise SES Funding

Not only do children learn about fresh fruit and vegetables, they use them in our practical lessons to create healthy meals they then enjoy eating at school. Tried and tested by thousands of children, the recipes are proven to encourage children to be more open to trying new ingredients and tastes.

Research shows that hands-on learning promotes success in science, numeracy, and literacy, and develops collaboration and critical thinking skills.

"For many Australians, cooking is a real pleasure and a genuine lifestyle interest as well as a necessary and useful life skill", says The Kitchen Kart Founder, Joanne Bowskill. "Once kids get into cooking, they really love it. It's wonderful seeing how being involved in the preparation of a meal can stimulate a child's appetite to try new things".

"As well as being fun, fostering a love of cooking in young kids can lead to many social and health benefits, including increasing their attention levels at school and teaching them the nutritional value of fresh fruit and vegetables. Being involved in the preparation of a meal is a great way for kids to express themselves, and over time gain confidence so they can start to develop healthy eating habits that they carry with them throughout life", she said.

For more information on how to get your school its own Kitchen Kart and lesson plan modules, go to <http://getkidscooking.com.au/the-kitchen-kart/> .

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For more information, photographs, specifications, quote or to arrange an interview, please contact;

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