

# Crookwell Gazette

Wednesday August 16, 2017

## Students participate in cooking program



Bronwyn Haynes

14 Aug 2017, 1:52 p.m.



Anna Kemp, teacher at Crookwell Public School, was excited to find a way for teachers to run easy, mess free cooking classes for any age – even without a kitchen!

Two young mums, Joanne Bowskill and Holly Boal, have had success on *The Shark Tank Australia*, with Dr Glen Richards jumping on board and supporting their 'Get Kids Cooking' primary school cooking education program.

The show recently aired an update on the exciting results the program has been getting. Joanne Bowskill and Holly Boal talk about how this culinary education makes it possible for children at primary school to experience age-appropriate, hands-on cooking lessons and learn how to prepare nutritious meals and then enjoy eating what they have made at school.

"For many Australians, cooking is a real pleasure and a genuine lifestyle interest as well as a necessary and useful capability," says Holly.

"Once kids get into cooking, they really love it.

"Using our step-by-step program, students build on the skills they learn and discover the joys of cooking for themselves, taking these techniques beyond the classroom and into their own homes for their families to enjoy."

Crookwell Public School has run this healthy practical cooking program, which has seen students engaged and passionate about living a healthy, active life.

Ms Kemp said: "Everything is provided – the students just loved it, it's absolutely fantastic!"

Cook In A Box is an affordable way for primary schools to provide children with basic cookery skills enabling them to make healthy food choices for life!

The cooking classes are suitable for all years and stages with lessons across most subjects linking to Australian National Curriculum outcomes.

Cook In A Box has been designed especially for Primary School teachers, taking away the obstacles to run a hands on, fun and educational cooking class at school.

With Australia wide delivery, it make it simple and affordable to get your school cooking. Modules can be ordered and stored, until teachers are ready for cooking

Each Cook In A Box includes a "how to" guide for the teachers and online video support for teachers and students

Have a garden and want to use your fresh produce? Each Cook In A Box lesson gives you the tips on what to harvest and use from your garden to enhance the flavours and continue "paddock to plate."

Take home recipes are provided with every Cook In A Box module so each student can replicate at home with confidence.



KITCHEN: Cook In A Box is an affordable way for primary schools to provide children with basic cookery skills and these student are learning how to measure, mix and cook using science, maths and method. Photo Bronwyn Haynes