

MasterChefs of the future at Hepburn Primary

MOROCCAN couscous, stir fries, fried rice, savoury rolls, homemade pasta, quesadillas and corn fritters are just some of the recipes that have been on the menu for the students at Hepburn Primary School.

Principal Robert Walsh said the school was committed to educating the whole child and catering for the individual strengths and interests of all the children.

“One such program introduced in 2017 is cooking. The program provides children with basic cookery skills, enabling them to make healthy food choices for life.”

Mr Walsh said using the Get Kids Cooking program, all classes cooked for a term, with the 5/6s class kiding off in first term, and the 3/4 class currently creating various culinary delights.

“The children are so enthusiastic and engaged, with many children cooking the recipe from school, at home. All week I hear, ‘When are we cooking? What are we cooking? I can’t wait for cooking!’”

Mr Walsh said the cooking program was supported by the science program, with science specialist teacher, Sally Koerner, ensuring each class researches seasonal vegetables and herbs, designs the layout of the garden beds, plants and cultivates the produce.

“Our commitment to ensuring children have a variety of learning experiences means children have specialist classes in science, Italian, art, PE, music and cooking with robotics to be added to the curriculum next semester. These programs are only possible due to the wonderful staff and the individual expertise they provide.”

Get Kids Cooking is run by Joanne Bowskill and Holly Boal who had success on last year’s Shark Tank Australia with Dr Glen Richards becoming a share holder.

“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”.

MasterChefs of the future from left, Maisy McArae, Jake Chapman and Tilly Overstead Image: Kyle Barnes

