

**Never underestimate the
palate of a child**

Julie Lemmon

Introduction



Two Week Menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Toast, Fruit & Veg platter	Toast, Fruit & Veg platter	Toast, Fruit & Veg platter	Toast, Fruit & Veg platter	Toast, Fruit & Veg platter
Butter Chicken Natural Yoghurt	Roast Beef Seasonal Fruit Plate	Fish & Chips Natural Yoghurt	Lasagne Seasonal Fruit Plate	Fried Rice Natural Yoghurt
Sandwiches, Fruit & Veg platter	Sandwiches, Fruit & Veg platter	Sandwiches, Fruit & Veg platter	Sandwiches, Fruit & Veg platter	Sandwiches, Fruit & Veg platter



Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Toast, Fruit & Veg platter	Toast, Fruit & Veg platter	Toast, Fruit & Veg platter	Toast, Fruit & Veg platter	Toast, Fruit & Veg platter
Moroccan Cottage Pie Natural Yoghurt	Lentil Dahl Seasonal Fruit Plate	Burrito Bar Natural Yoghurt	Chicken and 8 Vegetable Noodles Seasonal Fruit Plate	Fish Pie Natural Yoghurt
Sandwiches, Fruit & Veg platter	Sandwiches, Fruit & Veg platter	Sandwiches, Fruit & Veg platter	Sandwiches, Fruit & Veg platter	Sandwiches, Fruit & Veg platter



In the Kitchen



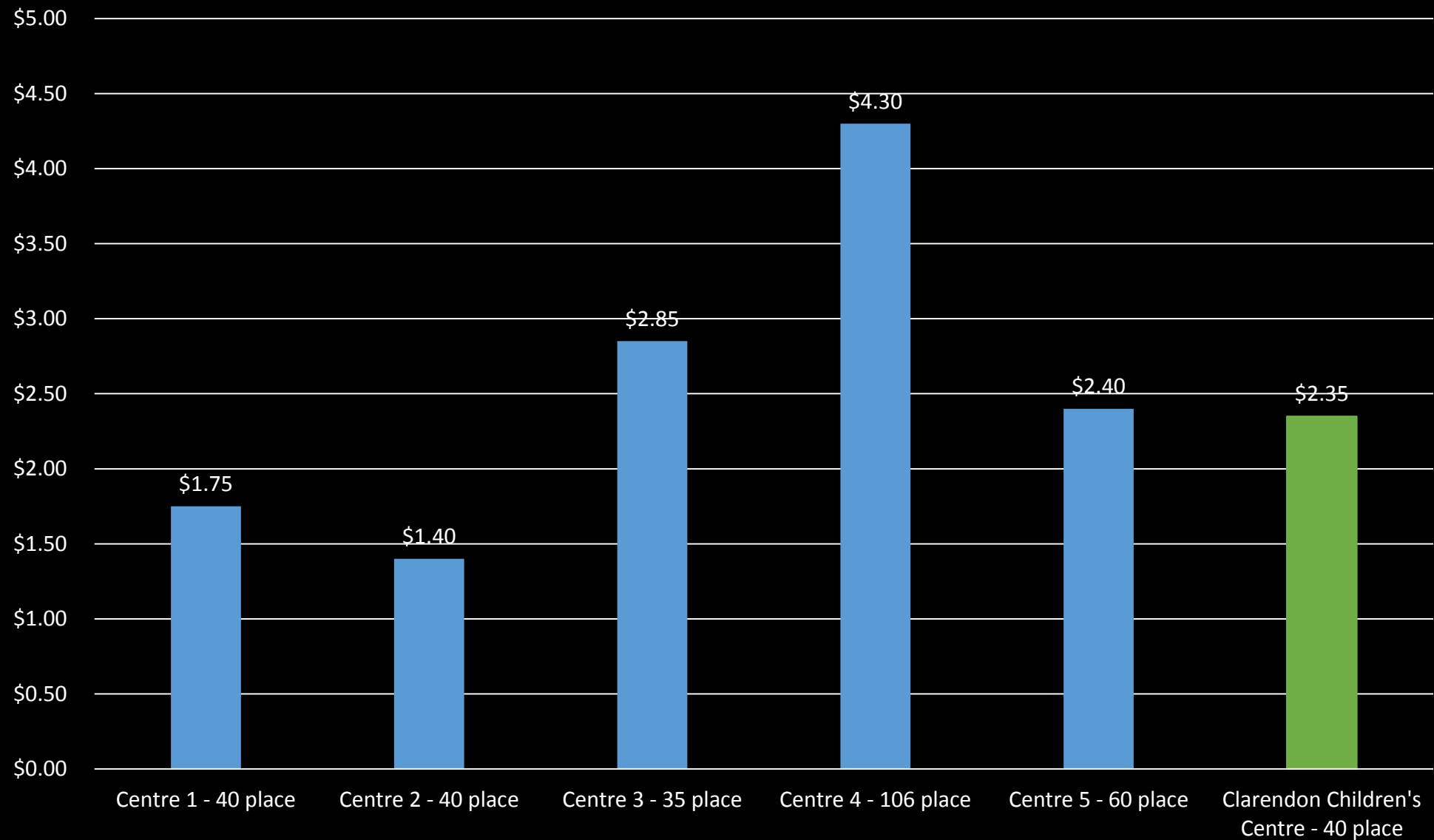
In the Classroom

What We Do

- 2 cooking classes weekly
- 1-2 roaming cooking classes
- Regular Visits to the Sth Melbourne Market in small groups
- 2 Magic Café Experiences
- 2-4 Special Visitor Morning Teas
- Magic Room Participate in making products for the Mothers Day Cake Stall



Other local long day care services - cost (\$) per child per day



Our Food Philosophy

- Create healthy food habits, attitudes and relationships with food
- Being adventurous with Food
- Creating a love and interest in food at an early age
- Be exposed to different textures, tastes and smells through food
- Be Curious and knowledgeable about their food and where it comes from
- Have a sustainable attitude towards food waste
- Respect Cultural Diversity



The Roaming Kitchen





Roaming Kitchen



Project 1 – Exploring cultural diversity through food



Food of the World Project

- Dumplings of the World
- Rice of the World
- Noodles of the World
- Bread of the World



Project 1 – Exploring Cultural Diversity through Food





Rices of the World – Chicken Fried Rice





Project 1 – Exploring cultural diversity through food - Dumplings



Project 1 – Exploring cultural diversity through food



Project 1 – Exploring cultural diversity through food



Project 1 – Exploring cultural diversity through food



Project 1 – Exploring cultural diversity through food



Project 2 – Cooking from the fridge: sustainability through cooking



Cooking from the Fridge



Cooking from the Fridge



Cooking from the Fridge



Cooking from the Fridge



Cooking from the Fridge



Pumpkin from Nannas Garden - Turning it into Dinner



Project 3 – Building Community



Exploring South Melbourne Market



Exploring South Melbourne Market



PROJECT 3 – BRINGING FAMILY TO THE KITCHEN TABLE: BUILDING COMMUNITY

- Encourages healthy thought process and relationship with what they are making
- Decision based thinking – they come up with the dinner they want to make based on group discussions
- Gives them a sense of ownership on something they have made and pride and gives back positive reinforcement
- Working together with a small group of children to make their dinner giving them a sense of belonging.
- We talk about the importance of family time, COMMUNICATION and eating a meal together.

PROJECT 3 – BRINGING FAMILY TO THE KITCHEN TABLE: BUILDING COMMUNITY

- Helps Children with their gross motor skills and literacy skills
- Encourages the children to take this from the class room to the home environment
- Setting up good habits early - helping set the table helping cook dinner forming a strong foundation for building relationships
- Build Values from an early age Encouraging children to have open communication around the dinner table and remind families of the importance of family dinners from an early age but also to foster this into the children from an early age as well.

Bringing the Family to the kitchen table



POST PROJECT DISCUSSIONS



I asked Parents what food meant to them and their children - What is food about ?

- Nutrition
- Survival
- Family
- Celebration of Culture
- Education
- Care – feeling of being held
- Memories of childhood

I asked two questions

- I asked the children what is your favourite hot lunch that I make
- I asked myself what is the most successful lunch that I make

From the Parent - about the Cook

- Cook with Children
- Cook for Children
- Challenge their Palate
- Provide Diversity in meals each day
- Educate the Children to be responsible for their own health and giving them the Tools to make good decisions about the food they eat.

SIGNIFICANT OUTCOMES

- Critical thinking
- Sense of Ownership and Pride
- Belonging
- Communication
- Family Values
- Motor Planning and Skills
- Literacy Skills
- Transferring Knowledge
- Strengthening Relationships
- Healthy Eating and life long food habits



Thank you

