



CHILDREN'S KITCHEN LICENCE **EDUCATOR NOTES**

Learning about healthy lifestyles including planning, preparing, cooking and serving food enables children to develop a sense of agency and responsibility for their own health and wellbeing. As part of the OSHC program and routines, educators may provide opportunities for children to develop knowledge and skills in this area and to apply these in a range of contexts including breakfast time and afternoon tea preparation, and during cooking. This will help provide children with the foundations for their growing independence as well as their satisfaction in being able to do things for themselves.

The Kitchen Licence concept has been specifically designed as a skill and knowledge based activity for children which introduces them to some basic and more complex skills needed to be competent and safe in the kitchen. The activity includes:

- Two levels of Kitchen Licence for children:
 - 'Level 1 – Chef' - is for use with younger children or those who have limited experience in the kitchen
 - 'Level 2 – Masterchef' - is for more experienced children and those who have completed the level 1 Kitchen Licence
- A Skill and Knowledge Competencies Booklet for educators as a tool to support the different Kitchen Licence levels. This booklet will assist educators in assessing the children's individual skill and knowledge in the relevant areas.

Kitchens can pose many dangers with heat, electricity, gas, water, appliances, knives and other sharp objects. Therefore it is important to ensure that comprehensive risk assessments including a risk benefit analysis have been conducted and read by all educators, prior to any food preparation and cooking activities taking place.

Mutually supportive relationships are important in school age care and it is important for children to be encouraged by their families and educators when participating in activities that require a particular level of skill and knowledge. Informing families of food and cooking activities and experiences that children will participate in as part of the program will ensure they are aware of the actual tasks children are undertaking and allow them opportunity to speak with educators if they have any concerns about their child's participation.

Following is a sample newsletter article for families introducing the kitchen licence activity as part of the service program:

As part of our service program and routines children regularly participate in food preparation and cooking activities. We believe that these vital life skills form an important part of children's learning and enable them to develop a sense of independence and pride in doing something for themselves. To ensure children are safe in the kitchen and have the necessary skills and knowledge to participate in these activities our service is implementing a 'kitchen licence' program.

The 'kitchen licence' has two levels, 'Chef' and 'Masterchef'. The 'Chef' kitchen licence is designed for younger or less experienced children while the 'Masterchef' kitchen licence is designed for the older or more experienced child. Educators observe children, assessing their skill, knowledge and competency and once achieved, the child receives a stamp in their kitchen licence. If you have any concerns or would like further information please contact the Service Coordinator.

Instructions

- Print out the kitchen licence template and fold it into quarters.
- Print out the skill and knowledge competencies in booklet form for the relevant level of kitchen licence.
- Educators observe children participating in the various kitchen licence tasks, providing guidance when required.
- When the child has achieved the required skill level, a stamp is placed in the child's kitchen licence next to the relevant skill area.
- The child receives the relevant kitchen licence once all skill levels and competencies have been stamped.