



Course Duration: 10 Classes

Class 1: Introduction to the Kitchen

Kitchen safety rules and guidelines
Basic kitchen tools and their uses
Culinary terms
Kitchen hygiene

Class 2: Fun with Fruits

Fruit salad and smoothie making
Fruit kebabs and edible art with fruits
Introduction to different types of fruits and their nutritional benefits

Class 3: Baking Bonanza

Chocolate chip cookies
Cupcakes (funfetti, strawberry, chocolate)
Banana bread
No bake cheesecake topped with berry sauce
Glazed donuts

Class 4: Snack Attack

Corndogs
Mini sandwiches
Pigs in a blanket
Sausage rolls
Scotch eggs

Class 5: Pasta Party

Homemade pasta from scratch
Mac and cheese
Spaghetti and meatballs
Lasagna
Alfredo pasta

Class 6: International Cuisine

Chinese fried rice and chicken in chili sauce -Asia
Tacos – North America
Battered fish and chips -Europe
Jambalaya – American
Lamb roast – Australian

Class 7: Nigerian Cuisine

Jollof rice
Fried rice
Gizdodo
Yamarita and egg sauce
Grilled turkey or chicken

Class 8: Superhero Foods (healthy meals)

Captain America – egg and potato salad with paprika dust
Incredible hulk – apple and arugula or spinach salad
Iron man- Strawberry and chai seeds overnight oats bowls
Wonder woman- Fruit parfait (incoperate fruits like bananas and strawberries to represent the gold and black)
Black panther – Vibranium smoothie bowl (incoperate fruits/ingridients that are blue or purple, e.g. blueberries, blackberries, butterfly pea)

Class 9: Picnic Pals

Crispy chicken burger
Hotdogs
Club sandwich
Milk and chocolate popcorn
Fruity yoghurt popsicles

Class 10: Drinks on me

Slushies
Popsicles
Zobo
Lemonades
Milkshakes