KAYLA OSBORN
CULINARY SCHOOL

Kids Cooking Course Prospectus

For Children Aged 6 Years and Older



ABOUT THE PROGRAMME

The Kids Cooking Course at Kayla Osborn Culinary School is a carefully designed 12-month, skills-based programme that introduces children to cooking, baking, and kitchen hygiene in a fun, safe, and structured environment.

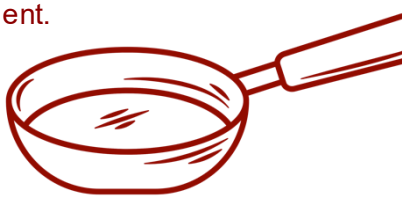
The course is led by award-winning chef and mum of two, Kayla-Ann Osborn, who brings both professional culinary expertise and a deep understanding of how children learn best - through doing, creating, and building confidence.

This programme is not about producing young chefs; it is about developing capable, confident children with real-life skills.

PROGRAMME PHILOSOPHY

We believe cooking is one of the most powerful tools for early development. Through practical kitchen experiences, children learn responsibility, independence, focus, teamwork, and pride in their abilities.

Each session encourages curiosity, creativity, and resilience while reinforcing hygiene, safety, and respect for food.



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COURSE STRUCTURE



- **Duration:** 12 months
- **Frequency:** Once a month
- **Day:** Friday
- **Class Length:** 2 hours per session
- **Age Group:** 6 years and older
- **Class Size:** Small groups to ensure safety and individual attention

Classes are hands-on, interactive, and age-appropriate, with children actively involved in every step of the process.

WHAT CHILDREN WILL LEARN

Throughout the year, children will gain practical and personal skills, including:

- Basic cooking and baking techniques
- Measuring, mixing, and following recipes
- Kitchen hygiene and food safety
- Age-appropriate knife and tool skills
- Meal preparation and simple planning
- Teamwork, patience, and responsibility
- Confidence through hands-on achievement



SKILLS BEYOND THE KITCHEN

This programme supports the development of essential life skills such as:

- Independence and self-confidence
- Problem-solving and focus
- Responsibility and routine
- Creativity and self-expression

These skills benefit children not only in the kitchen, but at home, at school, and as they grow.

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FEES & COSTS



Class Fee: R300 per child per monthly class
Compulsory Once-Off Uniform:
- Apron & Chef Hat: R380

All ingredients, equipment, and supervision are included in the class fee.

SAFETY & SUPERVISION

All activities are age-appropriate and fully supervised.
- Hygiene and safety are taught and reinforced in every class
- Parents are required to disclose allergies and medical conditions



WHO SHOULD ENROL

This course is ideal for:
- Children aged 6 and older
- Curious, creative, or hands-on learners
- Parents seeking meaningful, skills-based activities
- Children who enjoy learning by doing



No prior cooking experience is required.

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WHY CHOOSE KAYLA OSBORN CULINARY SCHOOL

- Led by an award-winning professional chef
- Designed by a chef who is also a parent
- Focus on life skills, not pressure
- Safe, supportive, and nurturing environment
- Professional culinary setting adapted for children

Enrolment:

Spaces are limited to maintain quality instruction and safety standards.
Early enrolment is recommended.

Give your child a skill for life - one Friday at a time.



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