



COOK BAKE CREATE

AU PAIR AND NANNY COOKING SESSIONS

£225 per nanny per day (5 hours)

Or

3 hours each week for 6 weeks £135 per week

This cooking class is tailor made to the likes and dislikes of your family. If you are a real beginner or more experienced cook, we will give you the confidence to cook family favourites, as well as try new dishes.

Our classes take place in our Hampshire kitchen or at an additional cost we can travel to your families kitchen. Please contact us for further details and prices.

You will be given a recipe folder full of useful information, as well as a wide recipes of recipes to use again and again.

Course Outline

Essential equipment

Basic food hygiene and safety when cooking for toddlers and young children

Sensible food shopping and understanding date marks.

Store cupboard essentials.

Cooking terms in a nutshell

Nutrition for children – the balanced approach of creating recipes following the eat well guide

Making food interesting and fun, managing fussy eaters and introducing healthy food habits

Great tips for preparing the basics.

Cook 5 meals to take away for your family to enjoy

A CoCo Blanche diploma in family cooking will be awarded on completion of the six week course.

All ingredients, refreshments, a light lunch and homemade treats will be provided.

Venues outside a 20 mile radius of our Hampshire kitchen will incur a 45 pence per mile additional travel cost.

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