Kids in the Kitchen

Dear Parents/Carers

Cooking is a great way to learn about food and preparing meals. It’s also loads of fun – you can spend time with friends and family, make new creations and, best of all, enjoy a great meal or snack at the end!

In 2012 as part of the NSW Live Life Well initiative, Mullaway will be introducing Kids in the Kitchen which will involve each class cooking a healthy meal once per term. Please note that Kindergarten will not be involved in Term 1.

Food: Spaghetti Bolognese
Cooking facilities and utensils have been installed and supplied in a partnership between the school and the P&C. The participation cost covers the outlay for ingredients.

Cost: $3.00 per individual or $5.00 per family

Time:
- Monday, March 26th: Glossy (Yr1 only) 10am – 11:30am and Kites (Yr3) 12pm – 1:30pm.
- Wednesday, March 28th: Bluegum (Yr5) 10am – 11:30am and Kookaburra (Yr6) 12pm – 1:30pm
- Thursday, March 29th: Pandanus (Yr4) 10am – 11:30am and Casuarina (Yr 2) 12pm – 1:30pm

Volunteers: Parent/grandparent volunteers are required for the initiative to succeed. Each volunteer will assist with a group of students (six at a table) over the two sessions. The class teacher will be in attendance during all sessions.

More info: To Live Life Well is to take positive steps to maximise your chances of living an illness free life. For a long time health systems around the world have focused on treating sick people, but as we all know, prevention is much better than cure. With the right information, every one of us can take steps to reduce our chances of developing chronic illnesses such as heart disease, cancer and type 2 diabetes. [http://www.livelifewell.nsw.gov.au/](http://www.livelifewell.nsw.gov.au/)

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Kids in the Kitchen Permission and Payment Note

I give permission for my child/ren:

Family name: ____________________________

First Name/s: ______________________ Yr____ ______________________ Yr____ ______________________ Yr____

Allergies: Name: ____________________ Allergy: ______________________________

I can volunteer to assist on the following days: Mon ☐ Yes Wed ☐ Yes Thu ☐ Yes ☐ No, not at all

Name/s (if volunteering): ___________________________ Preferred contact no: ___________________________

I have included a payment of ☐ $3.00 or ☐ $5.00

Signature of Parent ___________________________ Date ________________