

**Deadly Koolinga Chef Program Schedule (conducted weekly during school terms – 38 classes per year for 2 years of research initiative)**

Week	Content	Learning Objectives
<p>1 Introduction and Cooking Class</p>	<p><b>Introduction</b></p> <ul style="list-style-type: none"> <li>• Hand hygiene discussion</li> <li>• Nutritional discussion</li> <li>• Food preparation and kitchen safety</li> <li>• Cooking: Beef and vegetable lasagna</li> <li>• Cleaning and packing away</li> <li>• Introduction to work books</li> </ul>	<p>Introduce, explore, and reinforce healthy food choices Practice safe use of kitchen utensils and equipment Practice food preparation for meats and understand safe food storage Interpretation of food labels Introduction to nutritional value of the different foods Meal budgeting and planning, Explore healthy foods through hands-on activities Practice family food work skills</p>
<p>2 Cooking Class</p>	<p><b>Homemade Burgers</b></p> <ul style="list-style-type: none"> <li>• Introduction and discussion</li> <li>• Food preparation and kitchen safety</li> <li>• Measuring activities</li> <li>• Cooking: Homemade Beef Burger Homemade Turkey Burger</li> <li>• Cleaning and packing away</li> <li>• Drawing, writing and colouring activity</li> </ul>	<p>Practice drawing skills and colouring skills Practice literacy skills. Practice oral reading and comprehension Practice cooperation skills</p>
<p>3 Cooking Class</p>	<p><b>Chicken and Vegetables with Rice</b></p> <ul style="list-style-type: none"> <li>• Introduction and discussion</li> <li>• Food preparation and kitchen safety</li> <li>• Measuring activities</li> <li>• Cooking: Chicken and vegetables with rice</li> <li>• Cleaning and packing away</li> <li>• Drawing, writing and colouring activity</li> </ul>	