

# Kitchen Volunteer Role

## DESCRIPTION

The Garden to Table kitchen sessions offer children hands-on learning experiences in all aspects of the kitchen; from reading the recipe, to preparing, cooking and then sharing the meal, right through to cleaning up and recycling food waste at the end of the session.

At the start of each class, children are briefed by the Kitchen Specialist before they gather at their work station. Your role is to oversee that they are on the right track as they follow the recipe. Let them do the work themselves as they are not only building on their literacy and learning skills but also developing their fine motor skills, learning about safety in the kitchen and how to be part of a team.

### BEFORE THE START OF THE CLASS:

Before the children arrive you can help by:

- Checking in with Kitchen Specialist for briefing before the session
- Checking to make sure all the ingredients and equipment are available and easily accessible
- Reading the recipe for the day to familiarise yourself with it

### AT THE START OF THE CLASS:

- After the children have been briefed, go to your group's work station
- Check your working group of children have washed their hands, are wearing their name tag and closed toes shoes, have their hair tied back, and are ready to start the session

### SAFETY IN THE KITCHEN

- Observe your group to make sure safety rules are being followed and intervene or remind where/if needed
- Refer to safety rules and posters displayed around the kitchen and role model best practice yourself

### COOKING WITH THE CHILDREN

- Read the recipe through with the children, discussing the ingredients and method as you read
- Have the children prepare the dish by following the recipe – question the children about what is happening, letting them think for themselves
- Refer the children to the recipe if they are unsure of what to do next – don't simply provide the answer
- Supervise the preparation of the dish
- Ensure the children share the tidying-up, making sure the work station is left clean and tidy
- Don't tolerate poor behaviour and model good behaviour – if a student is disruptive, uncooperative or rude, seek assistance from the classroom teacher or Kitchen Specialist

### SETTING THE TABLE

If your group is setting the table:

- Choose children to pick flowers for the centrepiece from the designated area in the garden – reiterate where this is
- Show children how to set the table if needed

### SHARING THE FOOD

- Sit amongst the children to share the food you have grown and prepared as a team.
- Role model good manners such as how to use cutlery, how to share and offer food, and making conversation at the table..