

Nicole's classes cooking up a treat for youngsters

KIDS keen to learn a few nifty techniques in the kitchen should pop along to Whetstone mum Nicole Freeman's children's cooking classes.

She is running winter-themed sessions for children over the Christmas holidays, although places for the classes are getting booked up pretty quickly.

As part of her business, The Kids' Kitchen, Nicole also runs cooking sessions for pre-school children during the week and Sunday classes once a month for school-age youngsters.

"Cooking is a real passion for me," said Nicole. "I know having kids of my own that they don't always have the opportunity to get hands on in the kitchen.

"But I really try to get them involved in cooking which means fussy children become a bit more open to new food, especially because I give them a certificate for trying something new. I always try to make it really

fun and we play games to get them to try things.

"With the older children we have a whole list of ingredients that they can tick off. Even the older ones still get really excited about getting a certificate. They like taking all these recipes away with them. It is a way of starting them off and encouraging them to be a bit more open-minded about food."

Nicole runs the classes from her home in Whetstone and there is room for eight children per session, with absolutely everything made from scratch.

"Over Christmas and New Year we have been doing snowy and frosty-themed food like frosty penguin cakes, snowflake quesadillas and lemon meringue pie," she added.

"I also do children's parties and adult classes for people interested in improving their cooking skills."

For more information, go to www.thekidskitchen.net



Recipe for success: One of the youngsters enjoys getting involved in the kitchen