

Teach, inspire and make a difference

# Cook Stars

MAKING COOKING child's play!



Cook Stars is the  
award-winning cookery  
school that comes to you!

# Welcome to Cook Stars!



Thanks for taking a look at our information guide. I hope you'll find it helpful but **please get in touch if you've got any questions.**

We are an award winning **company delivering cookery sessions to thousands of children (age 2-17) each week throughout the UK.**

We deliver cookery sessions led by our experienced team to **schools and local communities** (as well as running **private classes**). We'd love to offer our unique sessions to your school.

We provide **structured sessions** that centre around **children making their own delicious dishes** from scratch. Our classes offer **interactive learning** with plenty of opportunity for 'hands on' experience in a **supportive learning environment.**

We deliver a large variety of different fun sessions and can also help with bespoke requirements. We **provide all ingredients, equipment, aprons and recipe cards** for everyone taking part. We have **hundreds of savoury and sweet recipes to chose** from which are taught at our fun engaging sessions.

All our team are **highly trained, DBS checked** and have **Public Liability Insurance.** All Cook Stars branches are **5 - star rated with the Food Standards Agency.** All staff are **First Aid trained** and hold **Level 2 Food Safety and Hygiene qualifications.**

Here are our details if you'd like to discuss Cook Stars working with your school!

Tel: 01443 704267

Email: [enquiries@cookstars.co.uk](mailto:enquiries@cookstars.co.uk)





"**Cook Stars are miracle workers** when it comes to covering the **healthy eating element** of the pshe and design technology curriculum.

The children **learn and apply new skills**, understand where their food comes from and are able to **create mouth watering produce** to take home!

This is all done in a **friendly, clear and organised way**.

**Ingredients and materials are provided** and you are not even left with the cleaning up after! **Highly recommend."**

**Amanda Deighton, Reedness Primary School**

It was an **absolute pleasure to work with Cook Stars** during our bread making workshops.

Prior to working in school, **Cook Stars liaised with the DT co-ordinator** to ensure that there was a clear progression in skill development from Year F to Year 2. We were **advised on appropriate recipes** and how the workshops could meet the **specific needs of the age and stage** of children as well as the **requirements of the National Curriculum**.

It was suggested Year F children used their **gross motor muscles** when making their dough and **practiced good listening and attention skills**. The Year One workshops **built on the children's prior knowledge of their farming topic** and encouraged children to design their bread and shape it according to their plan. Year Two looked at existing bread products and **taste tested before designing** and then making their focaccia bread.

**All children loved their workshop** experience and were **so proud of the bread** that they had made. During every workshop, **Cook Stars skilfully demonstrated techniques, conveyed instructions and supported all the learners**. Both children and staff loved working with the teacher. She was **incredibly experienced** and we **all benefited from her expertise** and how she **enhanced our DT curriculum**.

We hope to work with Cook Stars again in the future.

**Emma Riley, Year Two Teacher,  
Sun Hill Infant School**



**Cook Stars visits our preschool setting once a week** to cook with our children, aged 2, 3 and 4 years old.

The children are **always excited to see the teacher** and love not just the end results but also the process of their creations. They **learn lots of skills** from using **knives to graters as well as how to crack eggs and combine ingredients**. There are lots of **discussions about the different ingredients, textures and smells** and many of the children remember ingredients from previous cooking sessions.

The **teacher also works with the topics** we have on a half termly basis eg. **recipes from different cultures**, recipes for **different celebrations** and obviously **takes into account any allergies and intolerances**, adapting ingredients for those families.

We would **highly recommend Cook Stars for other settings**, it has really enhanced our provision.

**Busy Bees Pre-School**

"I just want to thank you for your wonderful cookery classes!

They are **outstanding**; the girls are learning from your **professional, fun instructions and gaining so much confidence and experience** with all the delights they are making each week.

**All the dishes are unique and flavourful**, the recipes from your classes **will be some of our favourite "go to" dishes for years to come**. Thank you so much for your hard work!

The girls are **super lucky to have you as their teacher!"**

**Kate, Mum, Howells School**





We share our love of cooking through teaching children and teenagers how to create their very own delicious dishes.

At Cook Stars, we work with schools across the UK delivering cookery sessions led by our team of experienced class leaders.

We can visit your school to deliver first class interactive sessions. Children are taught in a fun informal way and learn important life skills that will put them in good stead for life.

Cook Stars offers practical cookery lessons where each pupil participates to create their very own dishes from scratch. We offer two types of classes:

**1. Oven Sessions** - where all recipes are cooked in an oven. These are ideal for younger pupils. We can provide portable ovens if required.



**2. Hob Sessions** - if you have cookery room facilities, these sessions are ideal for older children (11+).





Our team is passionate about cooking and we Simply LOVE good food!

At Cook Stars we take care of all the preparation to make it easy for pupils (and teachers!) to simply come along and enjoy our sessions.



All ingredients, an apron to wear, cooking equipment, packaging and cooking know-how is provided!

Everyone takes home their delicious dish along with a recipe card to cook again at home. We even take care of the clearing away and washing up!



At our sessions, there is lots of opportunity to experiment with different preparation methods such as weighing, measuring, shape cutting, decorating, rolling and much more! We learn about different ingredients, try new foods and develop useful life skills.

Cook Stars believe the secret to enjoyable learning is through 'play' so our classes are friendly, relaxed and...



We support and encourage pupils whilst we cook up a wide range of delicious dishes.

Cook Stars offers structured sessions that centre around each pupil making their own delicious dishes from scratch.

## What each session involves:



We can hold a **one-off** session with a single group, **on-going weekly** sessions (during school hours or as an **after school club**) or we can teach the **whole school** over a series of days.

Our sessions can be **tailor-made** to fit in with specific themes, topics or requirements and could help **support your teachers** whilst they fulfil their **PPA** commitments.

## The type of sessions we can offer:

Our sessions are filled with **good food**, friendly informative **teaching** and plenty of **hands-on experience**.

Typically we can accommodate a class of up to **15 -20 pupils** and a session **lasts from 1 hour**. Each student is provided with their **own workstation** to create their own dish. Please **contact us** if you wish to **discuss larger class numbers**.



Whilst the dishes are cooking, children are kept engaged with a **craft activity** to keep them entertained for the entire session. All dishes are packaged up at the end of the session and everyone is provided with a **recipe card** to take home along with their dish.



Memorable, engaging and affordable,  
our sessions are designed to  
encourage a healthy appetite  
for learning.



## Qualified and trained staff:

A member of Cook Stars will always carry out a **site visit** and complete a **risk assessment** prior to agreement.

All Cook Stars staff are **DBS checked**, **First Aid and Food Hygiene 2 certified** and all hold **Public Liability Insurance**. All Cook Stars branches are **5-star rated** by the Food Standards Agency.



Please note, pupils safety is of paramount importance and children do not put food in, or remove food from the oven at our oven based classes.

If your school does not have oven facilities **we can provide portable ovens**, or can prepare dishes which do not involve oven cooking, or children can take home to cook if you would prefer.



## The benefits of our classes:

Cooking provides **health, social and educational benefits**. We aim to facilitate that **children are provided with the opportunity to learn to cook** so that they can make **good food choices** and look forward to a healthier future.

Children work both **independently and in teams** at our sessions, which can **build their confidence and communication skills**.

The atmosphere at our classes is **fun, challenging and inspiring**. Cooking combines other elements of learning such as **science, literacy, maths, geography and languages**. We find, pupils have so much fun they don't even realise they're learning!

By its very nature cooking is great fun for children! Our classes keep children of all ages engaged and interested throughout.

## We take care of everything:

Our sessions are **typically self-contained** meaning they require the **minimal time, effort or involvement on the teacher / school's part**. Once we've agreed with you which sessions you want, you can **leave the rest entirely in our hands**.

All we require is space from which to run our classes along with tables (eg. school hall or class room). We provide everything else that is needed.

## what we will do:

- Provide **information** for your school to **inform parents / children** about our classes.
- Provide an **online booking and payment system** so the **school do not need to be involved with the administration** to get set up.
- **Supply all food and ingredients** and **cater for dietary requirements and intolerances** where possible.
- **Set up the hall / room**, ready for the children's arrival. All we require are tables and chairs.
- **Supply all equipment and utensils** needed to prepare the recipe.
- **Provide an apron** for each pupil.
- Supply attractive, wipeable, **easy-to-follow recipe cards** for the pupils to take home along with their dish.
- Deliver sessions to the **agreed schedule**.
- Provide **containers/ packaging** for pupils to take their dish home.
- **Remove all equipment and refuse** at the end of the session
- and **leave the room clean, tidy and ready for re-use**.





# Pricing, Funding and grants

## Plus a **FREE** introductory class for your school!

We work in **partnership with schools** in a variety of ways to fulfil the schools aims. Cook Stars can help you actively **engage with your pupils** by offering a range of services.

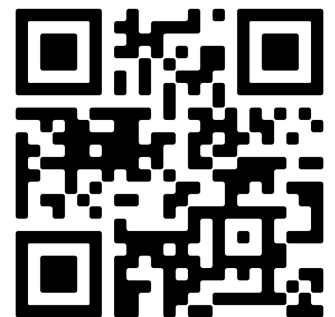
Please **speak to your local class provider** for further details, ideas and **pricing**. Our pricing will vary depending on the type of class we provide you with and the number of children in each session. All of our sessions are **very good value** and we will work with you to provide a **cost effective solution**.

**Our sessions encompass** many of the **aims of government funded projects** and fulfil many of their criteria through our range of services. At Cook Stars **we have worked with schools who have been eligible for funding / grants** and will be happy to discuss this with you.

Our classes offer **interactive learning** with plenty of **opportunity for 'hands on' experience** in a **supportive learning environment**. We deliver a large variety of sessions and can also help with **bespoke** requirements.

Please get in touch to find out about how we can offer a **FREE introductory session to your school!**





Schools -SCAN QR Code

enquiries@cookstars.co.uk  
cookstars.co.uk



