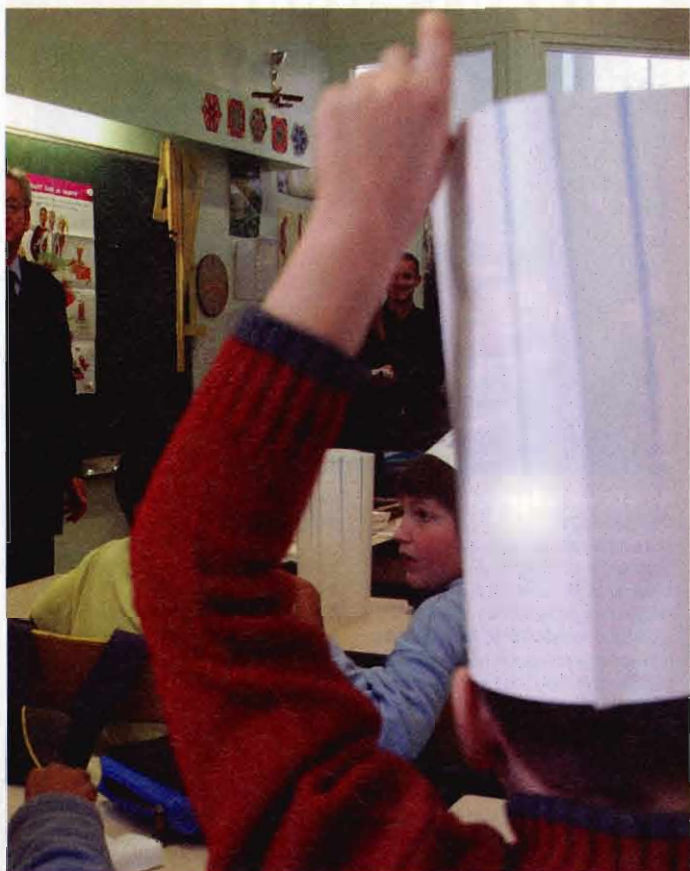


# Children



## Little chefs

Save your children from years of unhealthy food by enrolling them on a **cooking class especially for kids**

Cooking with kids can take a lot of time and patience, and be very messy. As all busy parents know, getting round to teaching them the basics properly can be very tricky – so for a helping hand, book them into a class at **Cooking Sense** (04 335 1200).

The fun-filled sessions teach mini-chefs a wide cross-section of kitchen knowledge from basic terminologies, useful utensils and, of course, the preparation of breakfasts, packed lunches and even cakes and sweets. Healthy, nourishing ingredients are the focus of all the recipes so you can be guaranteed they will be eating well. The project is in conjunction with the **Dubai Herbal and Treatment Centre** (04 335 1200) and the staff there are more than happy for you to contact them with any specific nutritional queries or special dietary requests you may have.

Samira Rengert, who founded Cooking Sense along with her husband in May 2005, will be the

main instructor and organiser, with her top chefs Matthias and Lisa taking it in turns to teach.

If you are concerned your little angels won't be too keen on after-school lessons, Samira, an expert at dealing with excited children, believes all the scrubbing, kneading, spreading, squeezing and pouring will keep them so busy they won't even realise how much they are learning. Each class is rounded off with a small insight on etiquette, such as how to set the table or greet guests; what more could you ask for...?

The Little Chefs weekly class kicks off on Sunday, January 8 and can be booked as a one-off (Dhs60), as a monthly (Dhs200) or quarterly membership (Dhs480). To ensure all the recipes and kitchen skills included will suit the childrens' abilities, sessions are split into two age groups: 6-8 years and 9-11 years.

Visit [www.cooking-sense.com](http://www.cooking-sense.com) for details. Sarah Murphy