

Cooking@SPRING

Class Rundown Sample

2-3yrs

Class Duration: **60 min**

Time	Activity	Objective
9:30	Wash hands / Greet classmates	Routine & hygiene / Know peers
9:35	Introducing and tasting ingredients	Taste and identify food
9:40	Cooking	Fine motor skills / follow instructions
10:05	Clean up	Hygiene
10:10	Activity (Food-related / nutrition-related)	Relate food to week's theme
10:20	Set Table	Table manners
10:25	Taste dish	Trying new food / Sharing
10:30	Tidy up / Take product home	Good habit of tidying up / not wasting food