

## Super Chef (Age: 6-8) — Global Goblins, Cook, Bake and Create!

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday	
08:30 – 09:00	Arrival					
09:00 – 09:30	PH	Welcome Greeting & Kitchen Safety Briefing  Time to meet, greet, and get cooking! Junior chefs will break the ice, learn kitchen safety basics, and get ready to cook up a storm—together. Hands washed, let the cooking fun begin!	Sauteed Veg with Mushrooms  A colorful, crunchy, and super tasty dish cooked in a sizzling hot pan! Junior chefs will discover the fun of stir-frying as they quickly sauté fresh vegetables. This fast-cooking method seals in the flavors, keeping the veggies crisp and full of nutrients. It's the perfect way to learn about high-heat cooking, balance flavors, and enjoy the vibrant colors and textures of fresh vegetables	White Chocolate Frozen Banana  Junior Chefs will learn to combine ingredients such as white chocolate, banana, and coconut to create a simple nobake treat. They will practice measuring, mixing, and portioning skills while exploring flavor combinations and developing creativity and confidence	Kitchen Briefing & Team Huddle  Our Junior Chefs will kick off the day with a briefing from the Head Chef, learning all about the menu they've helped create. They'll go over the mise en place and ask any lastminute questions.  It's all about teamwork, timing, and confidence in the kitchen!	
09:30 – 10:00		Grapes and Apple Salad  Junior chefs will learn techniques of knife skills, in precise cutting and balancing sweet and tangy flavors, perfecting the art of combining fruits for a vibrant and healthy autumn salad				
10:00 – 10:30	AM Break					
10:30 – 11:30	PH	Handmade Pasta  Young junior chefs will learn fresh pasta making involving mixing flour and eggs followed by kneading and resting the dough before shape	Spider Cookies  Junior Chefs will learn the skills of portioning, shaping, and baking cookies. They will then decorate their cookies to match the Spider Cookies theme—encouraging creativity, fine motor development, and confidence in the kitchen	Junior Chefs will learn to prepare Rice Crispy treats by practicing measuring, melting, and mixing ingredients. They will then use decorating skills to create a Frankenstein-themed design, fostering creativity, fine motor development, and understanding of basic food safety	Kitchen Preparation  Action time to get cooking! Junior Chefs will prepare and assemble each dish, make food tags, and beautifully set up their food stations. This is where their creativity and skills shine	
11:30 – 12:30		Italian Marinara Sauce  This process involves learning and recognize herbs, and spices. Making a tomato sauce flavoured with garlic, onions, and herbs. Young junior will learn how to make and plate a Halloween theme pasta dish	Jack O Lantern Rice Ball  Junior chefs will learn how to make Japanese rice balls shaped by hand and decorated with cute, happy faces using seaweed, veggies. It's a playful way to explore Japanese food, practice shaping skills, and get creative with edible art	Junior Chefs will learn how to prepare and bake vegetable bowl filled with seasoned rice. They will practice skills such as chopping, mixing, stuffing, and baking while gaining an understanding of cooking techniques, ingredient combinations		
12:30 – 13:00	Lunch					
13:00 – 14:00		Mummy Meat Rolls  Junior Chefs will learn to identify key ingredients and practice basic cooking skills such as mixing, shaping, and baking—while developing	Japanese Chicken and Vegetable Curry  Junior Chefs will learn how to prepare a balanced meal by making Japanese Chicken Curry with Vegetables. They will practice essential cooking	Grilled Chicken Skewers with Honey  A flavorful dish illustrating marinating techniques and grilling mastery, while	Preparation Before Service  Just before guests arrive, our Junior chefs will put the final touches on their dishes— garnishes, plating, and making sure everything looks and	

PΗ

14:00 - 14:45

### **Preparation of Cookies**

creativity, confidence in the

kitchen, and an understanding

of basic food safety

Junior Chefs will learn to follow a simple baking recipe to create themed Spider Cookies, while practicing essential skills such as measuring, mixing. Prepare dough for the next day

Dough

Tamagoyaki

skills such as chopping,

sautéing, simmering, and

seasoning—while learning

about ingredient handling, food safety, and the flavors of Japanese cuisine

Junior Chefs will learn how to prepare and cook Tamagoyaki, a Japanese rolled omelette, by practicing whisking, seasoning, and careful pan control. This activity promotes fine motor skills, attention to detail, and introduces them to cultural diversity through international cuisine

grilling mastery, while introducing skewer technique, finishing with aromatic honey infusion of herbs and spices

sure everything looks and tastes amazing. Presentation matters!

**Restaurant Lunch Service** 

Junior Chefs will welcome their

### Junior Chefs will learn to layer ingredients to create Graveyard Pudding Cups, practicing skills such as measuring, layering, and decorating. This activity

and hygiene

**Graveyard Pudding Cup** 

special guests and proudly serve the menu they've worked hard to perfect. From greeting guests to presenting plates, it's a delicious culmination of their culinary journey!

encourages creativity, attention to detail, and introduces basic concepts of food presentation

PM Break / Pack up / Home 14:45 - 15:00



## Super Chef (Age: 9-11) – Global Goblins, Cook, Bake and Create!

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday	
08:30 – 09:00	Arrival					
09:00 – 09:30	PH	Welcome Greeting & Kitchen Safety Briefing  Time to meet, greet, and get cooking! Junior chefs will break the ice, learn kitchen safety basics, and get ready to cook up a storm—together. Hands washed, let the cooking fun begin!	Sauteed Veg with Mushrooms  A colorful, crunchy, and super tasty dish cooked in a sizzling hot pan! Junior chefs will discover the fun of stir-frying as they quickly sauté fresh vegetables. This fast-cooking method seals in the flavors, keeping the veggies crisp and full of nutrients. It's the perfect way to learn about high-heat cooking, balance flavors, and enjoy the vibrant colors and textures of fresh vegetables	White Chocolate Frozen Banana  Junior Chefs will learn to combine ingredients such as white chocolate, banana, and coconut to create a simple nobake treat. They will practice measuring, mixing, and portioning skills while exploring flavor combinations and developing creativity and confidence	Kitchen Briefing & Team Huddle  Our Junior Chefs will kick off the day with a briefing from the Head Chef, learning all about the menu they've helped create. They'll go over the mise en place and ask any lastminute questions.  It's all about teamwork, timing, and confidence in the kitchen!	
09:30 – 10:00		Grapes and Apple Salad  Junior chefs will learn techniques of knife skills, in precise cutting and balancing sweet and tangy flavors, perfecting the art of combining fruits for a vibrant and healthy autumn salad				
10:00 – 10:30			AM Break			
10:30 – 11:30	PH	Handmade Pasta  Young junior chefs will learn fresh pasta making involving mixing flour and eggs followed by kneading and resting the dough before shape	Spider Cookies  Junior Chefs will learn the skills of portioning, shaping, and baking cookies. They will then decorate their cookies to match the Spider Cookies theme—encouraging creativity, fine motor development, and confidence in the kitchen	Frankenstein Rice Crispy  Junior Chefs will learn to prepare Rice Crispy treats by practicing measuring, melting, and mixing ingredients. They will then use decorating skills to create a Frankenstein-themed design, fostering creativity, fine motor development, and understanding of basic food safety	Kitchen Preparation  Action time to get cooking! Junior Chefs will prepare and assemble each dish, make food tags, and beautifully set up their food stations. This is where their creativity and skills shine	
11:30 – 12:30		Italian Marinara Sauce  This process involves learning and recognize herbs, and spices. Making a tomato sauce flavoured with garlic, onions, and herbs. Young junior will learn how to make and plate a Halloween theme pasta dish	Jack O Lantern Rice Ball  Junior chefs will learn how to make Japanese rice balls shaped by hand and decorated with cute, happy faces using seaweed, veggies. It's a playful way to explore Japanese food, practice shaping skills, and get creative with edible art	Bake Mini Vegetable Bowl  Junior Chefs will learn how to prepare and bake vegetable bowl filled with seasoned rice. They will practice skills such as chopping, mixing, stuffing, and baking while gaining an understanding of cooking techniques, ingredient combinations		
12:30 – 13:00			Lunch			
13:00 – 14:00		Mummy Meat Rolls  Junior Chefs will learn to identify key ingredients and practice basic cooking skills such as mixing, shaping, and baking—while developing	Japanese Chicken and Vegetable Curry  Junior Chefs will learn how to prepare a balanced meal by making Japanese Chicken Curry with Vegetables. They will practice essential cooking skills such as chopping,	Grilled Chicken Skewers with Honey  A flavorful dish illustrating marinating techniques and grilling mastery, while	Preparation Before Service  Just before guests arrive, our Junior chefs will put the final touches on their dishes— garnishes, plating, and making sure everything looks and	

PΗ

### **Preparation of Cookies** Dough

Junior Chefs will learn to follow a simple baking recipe to create themed Spider Cookies, while practicing essential skills such as measuring, mixing. Prepare dough for the next day

creativity, confidence in the

kitchen, and an understanding

of basic food safety

## **Tamagoyaki**

sautéing, simmering, and

seasoning—while learning

about ingredient handling, food safety, and the flavors of Japanese cuisine

Junior Chefs will learn how to prepare and cook Tamagoyaki, a Japanese rolled omelette, by practicing whisking, seasoning, and careful pan control. This activity promotes fine motor skills, attention to detail, and introduces them to cultural diversity through international cuisine

grilling mastery, while introducing skewer technique, finishing with aromatic honey infusion of herbs and spices

sure everything looks and tastes amazing. Presentation matters!

### Junior Chefs will learn to layer ingredients to create Graveyard Pudding Cups, practicing skills

**Graveyard Pudding Cup** 

Junior Chefs will welcome their special guests and proudly serve the menu they've worked hard to perfect. From greeting guests to presenting plates, it's a delicious culmination of their culinary journey!

**Restaurant Lunch Service** 

such as measuring, layering, and decorating. This activity encourages creativity, attention to detail, and introduces basic concepts of food presentation and hygiene

## 14:45 - 15:00

14:00 - 14:45



# Super Chef (Age: 12-16) – Global Goblins, Cook, Bake and Create!

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday	
08:30 – 09:00	Arrival					
09:00 – 09:30	PH	Welcome Greeting & Kitchen Safety Briefing  Time to meet, greet, and get cooking! Junior chefs will break the ice, learn kitchen safety basics, and get ready to cook up a storm—together. Hands washed, let the cooking fun begin!	Sauteed Veg with Mushrooms  A colorful, crunchy, and super tasty dish cooked in a sizzling hot pan! Junior chefs will discover the fun of stir-frying as they quickly sauté fresh vegetables. This fast-cooking method seals in the flavors, keeping the veggies crisp and full of nutrients. It's the perfect way to learn about high-heat cooking, balance flavors, and enjoy the vibrant colors and textures of fresh vegetables	White Chocolate Frozen Banana  Junior Chefs will learn to combine ingredients such as white chocolate, banana, and coconut to create a simple nobake treat. They will practice measuring, mixing, and portioning skills while exploring flavor combinations and developing creativity and confidence	Kitchen Briefing & Team Huddle  Our Junior Chefs will kick off the day with a briefing from the Head Chef, learning all about the menu they've helped create. They'll go over the mise en place and ask any lastminute questions. It's all about teamwork, timing, and confidence in the kitchen!	
09:30 – 10:00		Grapes and Apple Salad  Junior chefs will learn techniques of knife skills, in precise cutting and balancing sweet and tangy flavors, perfecting the art of combining fruits for a vibrant and healthy autumn salad				
10:00 – 10:30	AM Break					
10:30 – 11:30	PH	Handmade Pasta  Young junior chefs will learn fresh pasta making involving mixing flour and eggs followed by kneading and resting the dough before shape	Spider Cookies  Junior Chefs will learn the skills of portioning, shaping, and baking cookies. They will then decorate their cookies to match the Spider Cookies theme—encouraging creativity, fine motor development, and confidence in the kitchen	Frankenstein Rice Crispy  Junior Chefs will learn to prepare Rice Crispy treats by practicing measuring, melting, and mixing ingredients. They will then use decorating skills to create a Frankenstein-themed design, fostering creativity, fine motor development, and understanding of basic food safety	Kitchen Preparation  Action time to get cooking!  Junior Chefs will prepare and assemble each dish, make food	
11:30 – 12:30		Italian Marinara Sauce  This process involves learning and recognize herbs, and spices. Making a tomato sauce flavoured with garlic, onions, and herbs. Young junior will learn how to make and plate a Halloween theme pasta dish	Jack O Lantern Rice Ball  Junior chefs will learn how to make Japanese rice balls shaped by hand and decorated with cute, happy faces using seaweed, veggies. It's a playful way to explore Japanese food, practice shaping skills, and get creative with edible art	Bake Mini Vegetable Bowl  Junior Chefs will learn how to prepare and bake vegetable bowl filled with seasoned rice. They will practice skills such as chopping, mixing, stuffing, and baking while gaining an understanding of cooking techniques, ingredient combinations	tags, and beautifully set up their food stations. This is where their creativity and skills shine	
12:30 – 13:00			Lunch			
13:00 – 14:00		Mummy Meat Rolls  Junior Chefs will learn to identify key ingredients and practice basic cooking skills such as mixing, shaping, and	Japanese Chicken and Vegetable Curry  Junior Chefs will learn how to prepare a balanced meal by making Japanese Chicken Curry with Vegetables. They will practice essential cooking	Grilled Chicken Skewers with Honey  A flavorful dish illustrating marinating techniques and	Preparation Before Service  Just before guests arrive, our Junior chefs will put the final touches on their dishes— garnishes, plating, and making	

PΗ

### **Preparation of Cookies** Dough

baking—while developing

creativity, confidence in the

kitchen, and an understanding

of basic food safety

Junior Chefs will learn to follow a simple baking recipe to create themed Spider Cookies, while practicing essential skills such as measuring, mixing. Prepare dough for the next day

## Tamagoyaki

skills such as chopping,

sautéing, simmering, and

seasoning—while learning

about ingredient handling, food safety, and the flavors of Japanese cuisine

Junior Chefs will learn how to prepare and cook Tamagoyaki, cuisine

marinating techniques and grilling mastery, while introducing skewer technique, finishing with aromatic honey infusion of herbs and spices

garnishes, plating, and making sure everything looks and tastes amazing. Presentation matters!

### **Graveyard Pudding Cup Restaurant Lunch Service**

Junior Chefs will welcome their special guests and proudly serve the menu they've worked hard to perfect. From greeting guests to presenting plates, it's a delicious culmination of their culinary journey!

a Japanese rolled omelette, by practicing whisking, seasoning, and careful pan control. This activity promotes fine motor skills, attention to detail, and introduces them to cultural diversity through international

and decorating. This activity encourages creativity, attention to detail, and introduces basic concepts of food presentation and hygiene

Junior Chefs will learn to layer

ingredients to create Graveyard

Pudding Cups, practicing skills

such as measuring, layering,

14:45 - 15:00

14:00 - 14:45

PM Break / Pack up / Home