

Life Skills: Cooking Class

We are excited to launch our first life skills group program for 2023!

Participants in our cooking groups will learn many preparation and cooking skills which they can use for the rest of their lives. Cooking allows children and young people to use all their senses – smelling, looking, touching, listening, tasting – to build upon their knowledge and comfort with food.

The cooking groups at ChatAbout assist young people to further develop:

- Exposure to new foods and food experiences
- Engagement with similar aged peers and team bonding
- Focus and joint attention
- Sequencing and following instructions
- Social skills; turn-taking, role sharing and cooperation
- Fine motor skills such as bilateral coordination, dexterity and strength
- Social skills / bonding
- Skills in reading, maths (measuring) and planning
- Foundational cooking skills to promote meal preparation and steps towards independent living skills

Group participants will work together throughout a fortnightly 10-week block to achieve set tasks and objectives. Participants will be grouped together based on similar age/development where possible.

Eligibility: High School students, young adults, adults