



"So what does the water do when it's boiling? Does anyone know at what temperature water boils?"

Kids in the Kitchen works with healthy ingredients that can be easily accessed at markets so that the children can replicate the recipes later at home with their families. This becomes particularly important in disadvantaged neighborhoods where often children have not been exposed to lessons about nutrition. "The majority of children I work with would not be very familiar with fresh ingredients. I am often surprised at how little they know about fresh food. Many have only been exposed to food that comes out of a freezer, a tin, or a fast-food shop."

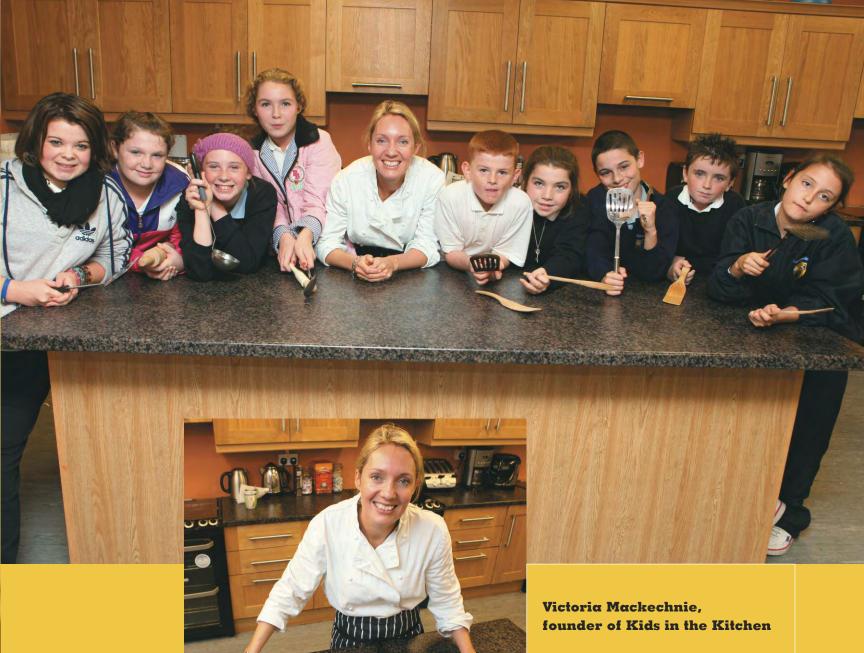
The enthusiasm that children bring is obvious from watching the cookery class in Clondalkin. The children break out into teams of three and take turns measuring, chopping, grating, and correcting each other on their techniques. Ingredients are passed around, explained and discussed. This enthusiasm ripples back to families according to Victoria. "The support we've had from parents has been fantastic. Families have expressed to me feelings of guilt that they sometimes don't have the time or resources to make healthy meals for their children. We hear this from families all across the economic spectrum, not just in disadvantaged areas. Yet after these courses, kids are going home and showing their parents new ways to cook and easy, healthier choices."

"Leanne cut the carrots and I got to peel the onions. I love peeling onions. I really do." - Liam

Studies indicate that the number of children who are overweight or obese has tripled in the last decade







The Ireland Funds have assisted Kids in the Kitchen through the Grant Round enabled by the Promising Ireland Campaign. Thanks to this funding, over 100 additional children will be able to participate in the Kids in the Kitchen program.