

Kids can learn Japanese cooking these holidays

JAPANESE cooking is child's play these school holidays.

Swinburne University is serving up a delicious series of Making Food Fun classes at its Wantirna campus on July 1. Pint-sized chefs will learn how to prepare a Japanese bento box during the one-hour cooking classes, for kindergarten and primary school students.

Kate Wengier, dietitian and founder of food educators Foost, said sessions were designed to inspired kids to enjoy healthy food, and fun was the main ingredient. Sessions cost \$25 and include ingredients, and a take-home recipe so young chefs can treat their families.

The kinder session starts at 10am, prep to Grade 2 at 11am and Grade 3 to Grade 6 at 1pm. To book go to foost.com.au

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Lysterfield, Rowville, Scoresby, The Basin, Wantirna, Wantirna South and Upper Ferntree Gully.
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Littles get stuck in making healthy foods.

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