

My Visit to Growing Chefs! at The Grove



Today I am going to **GROWING CHEFS! ONTARIO** at The Grove.

I will enter through the glass doors under the Growing Chefs! sign.





I will have **FUN** at Growing Chefs!

The chefs will help me **COOK** with other people.

At the end, I can taste the food we make **TOGETHER.**

When I get to Growing Chefs!,
the staff will say “**HELLO!**”

They might give me a **NAME**
TAG that I can wear on my shirt.





I might need to **WAIT** for the cooking to start. I can choose to sit at any spot around the tables.

I can leave my **COAT** and my **BAG** at my seat.

I will **MEET** other people who will learn to cook with me.

This is the **KITCHEN!**

There are lots of things on the table.

I can see the **BOWLS**. I can see the **SPOONS**. I can see the **CUTTING BOARDS**.

I will wait until the chefs tell me
I can pick up the tools.





There are 3 white hand sinks in the kitchen.

Before we cook, I will **WASH** my hands.



If my **HAIR** is long, I will ask for a hair tie to tie it back.

I will wear my mask while cooking to keep germs from spreading to the food.





The **BATHROOM** is down the hallway.

If I need to go to the bathroom, I can **ASK** a staff member to take me.

The chef will tell me about the **KITCHEN RULES**. Following the rules will keep us safe.

I will not run in the kitchen.

There are hot and sharp objects, so I will be **CAREFUL**.

I will be **RESPECTFUL** to other people while we work together.





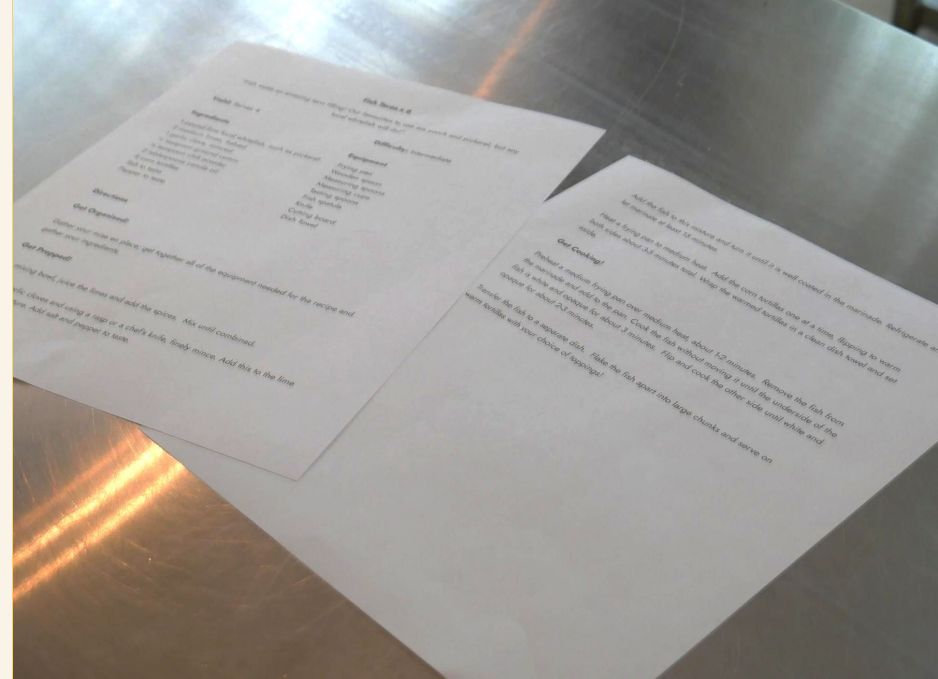
The **CHEF** will tell us what we are making today.

When the chef wants my group to listen, they will say: “**Chefs, may I have your attention?**” I will say “**YES CHEF!**” and listen.

The chef will tell me the next **STEP** of our recipe or an important safety instruction.

The **RECIPE** for today is on the table. It tells me the ingredients and steps I will follow.

The recipe is also on the Growing Chefs! Ontario **WEBSITE!** I can read it before I come or show it to my family at home.





Everyone will create our meal together. We will **SHARE** our tasks.

If I want to do a **SPECIFIC** task, I can ask the chef.

I can use a **SAFE CHOPPER** to cut ingredients.

I hold my hand in a **BEAR CLAW** shape to keep my fingers safe.

HERBS add flavour to our dish. I use scissors to cut them.





I will have a **FRIEND** hold the hot pan while I stir.

I can **SMELL** the spices that we added.

A chef will help me **TASTE** what we are making with a clean spoon.

I will learn new things at
Growing Chefs! Learning takes
TIME and **PRACTICE**.

It is okay if I don't know how to
do something. I can **ASK** for
help.





Sometimes the kitchen is loud.

I can ask to take a **BREAK** and sit at my spot anytime.

I help to **CLEAN UP** when we are finished cooking.

The dirty **DISHES** go in the bin.
The table is **SPRAYED** with sanitizer and **WIPED** with a cloth.





When the dish is ready, we get to **EAT!**

I will **WASH** my hands before I am served my food.

I will **TASTE** the foods we cooked together.

Some foods might be **NEW!**
I will **TRY** a few bites.

If I don't like something, that is okay. I will eat lots of the foods that I like.





After we eat, it is time to **LEAVE** Growing Chefs!

I say **GOODBYE** to the staff and leave with the adult who is picking me up.

I had **FUN** learning about food at Growing Chefs!

**We look forward to your visit with
Growing Chefs! Ontario at The Grove!**

If you have any questions or accessibility
concerns, please contact Christy Cook

Email: info@growingchefsontario.ca

Phone: (519)-679-4769

