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
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