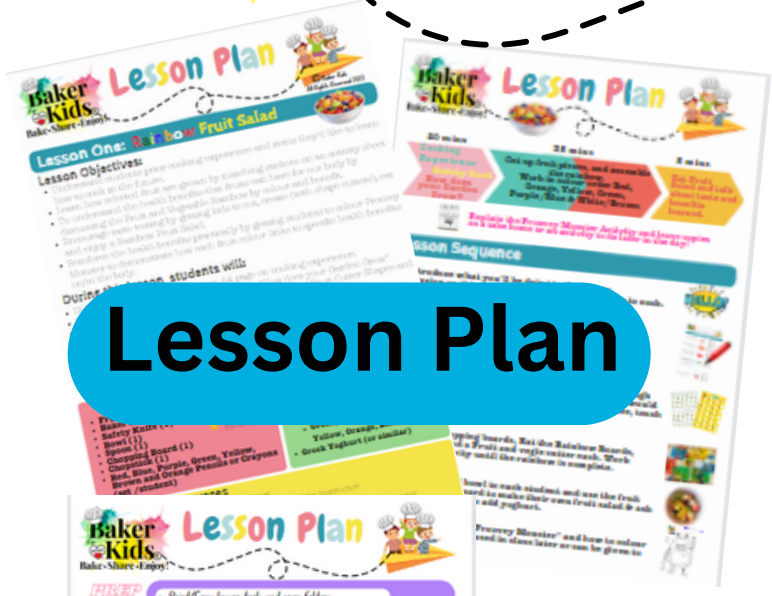


What is in our Incursion Packs?



Lesson Resources



Lesson Plan



Student Folders



Lesson Tools

Instructor Resources



Send Home Parent Info Sheet & Achievement Charm for Students





Incursion Packs



Our incursions packs include everything that educators need to deliver them!

- **FULL lesson plan package** including class timings, lesson sequence, objectives and questions.
 - Our comprehensive and tested incursion packages allow educators to run incursions that can be repeated more than once from the same material AND by different educators.
 - We also provide lesson plan adaptations by age groups, to best suit all skill levels!
- **ALL lesson resources and worksheets** are colour printed and non work sheet resources including recipes, are laminated so that they stand the test of time.
- **Instructor Resources** are colour printed & full worksheet answers are included.
- **Student Folders** come with a laminated safety checklist, reward chart and the folder populates further with each Incursion. As a result each student leaves with the resources & recipes to look back on from each incursion that they attend.
- **Lesson Equipment;** Choose your package based on how you intend to structure your incursion program.

Option 1: Buy the Incursion as a 5 pack (recommended class size for young students) and then re-use that equipment with other students when repeating the incursion to keep costs down. -> Our printed resource packs are available to purchase independent of equipment so you can simply add these to your order.

Option 2: Purchase an Incursion pack of an appropriate size so that each student leaves with the Incursion equipment to repeat the lesson at home.

Option 3: Purchase a larger sized Incursion pack in order to run larger sized classes suited to older students 6-9 years old.

Our incursion program takes a practical & engaging approach to teaching cooking in order to build confidence, self esteem and independence in the kitchen.

"Students don't just cook, they also learn about food, their bodies and how these work together for a balanced and healthy lifestyle."

By starting with the basics and gradually progressing to more advanced techniques, students can develop a solid foundation of cooking skills.



Lesson Plan Outline -12 Weeks

AVAILABLE NOW Sweet

1. Eat the Rainbow
 Fruit/Veg Rainbow linked to little bodies.



3. Rainbow Sandwich Platter
 Baking Bread, Bread Passport



4. Chocolate Chip Cookies
 Packaging/Labeling Food Understanding Energy



6. Fruit Smoothies & Rainbow Smoothie
 Mixing Fruit/Veg Digestive Health - prebiotics /probiotics



8. Playdough
 Examining states of matter, liquids & solids

9. Cupcakes; Rainbow & Butterfly Cupcakes
 Exploring Creativity -> Design & Decorating



11. Protein Balls
 Exploring Fibre



AVAILABLE NOW Savoury

2. All About Eggs
 Science behind eggs, Chicken Lifecycle, Egg anatomy & making Mini Quiches



5. Pita Pizzas
 The science behind Yeast



7. Sushi Boards
 History of sushi, benefits of each ingredients for a healthy body Taste testing different flavours



10. Healthy Hamburgers
 Exploring Protein Power



12. Bean Nachos & Guacamole
 Sorting foods by food group



Price Guide

• PRICE INCLUDES THE SPECIALISED RE-USABLE EQUIPMENT LINKED TO EACH INCURSION

EAT THE RAINBOW INCURSION 5 STUDENT PACK FROM \$370

ALL ABOUT EGGS 5 STUDENT PACK FROM \$320

FOR MORE DETAILED PRICING PLEASE EMAIL BAKERKIDSBYLOVEINSIDE@GMAIL.COM