

My Visit to Growing Chefs! at The Grove



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

I will enter through the **MAIN** entrance doors.



I will then go through the
SECOND set of doors.

I will take a **RIGHT TURN** down
the hallway where I will be
greeted by **GROWING CHEFS
STAFF** at the end of the hall.





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

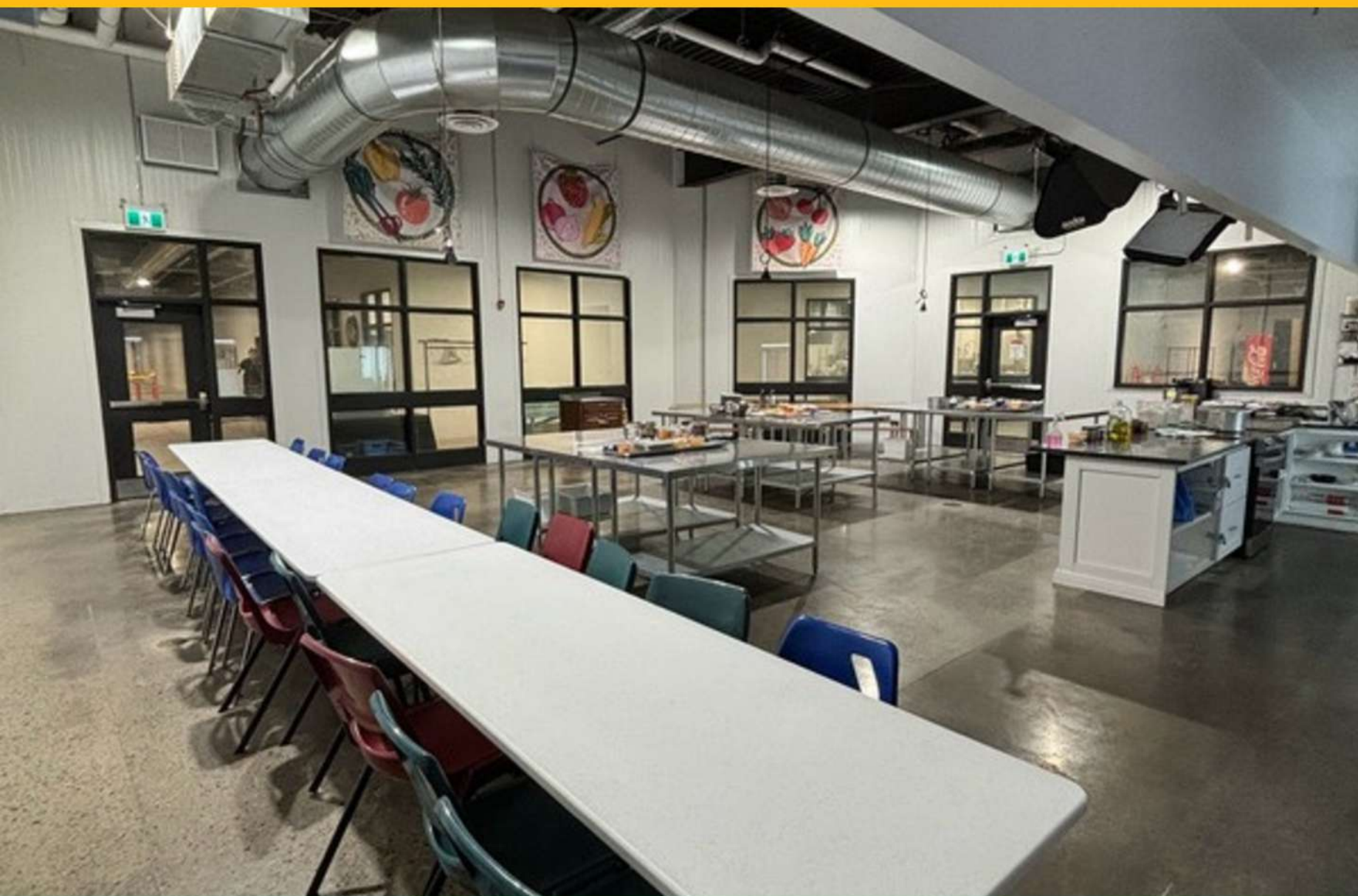
The chefs will help me **COOK** with other people.

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.

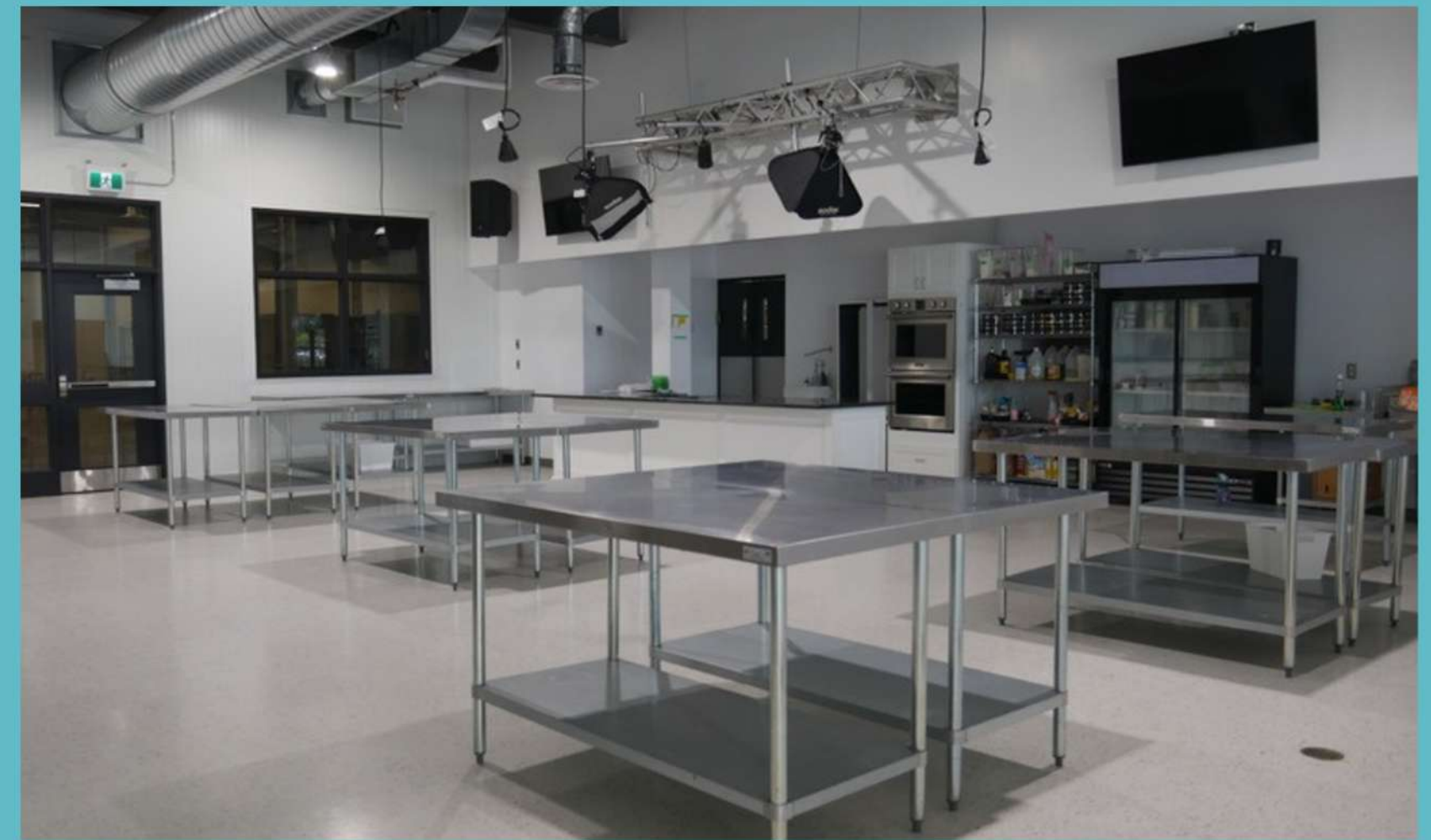
I will **MEET** other people who will learn to cook with me.

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.





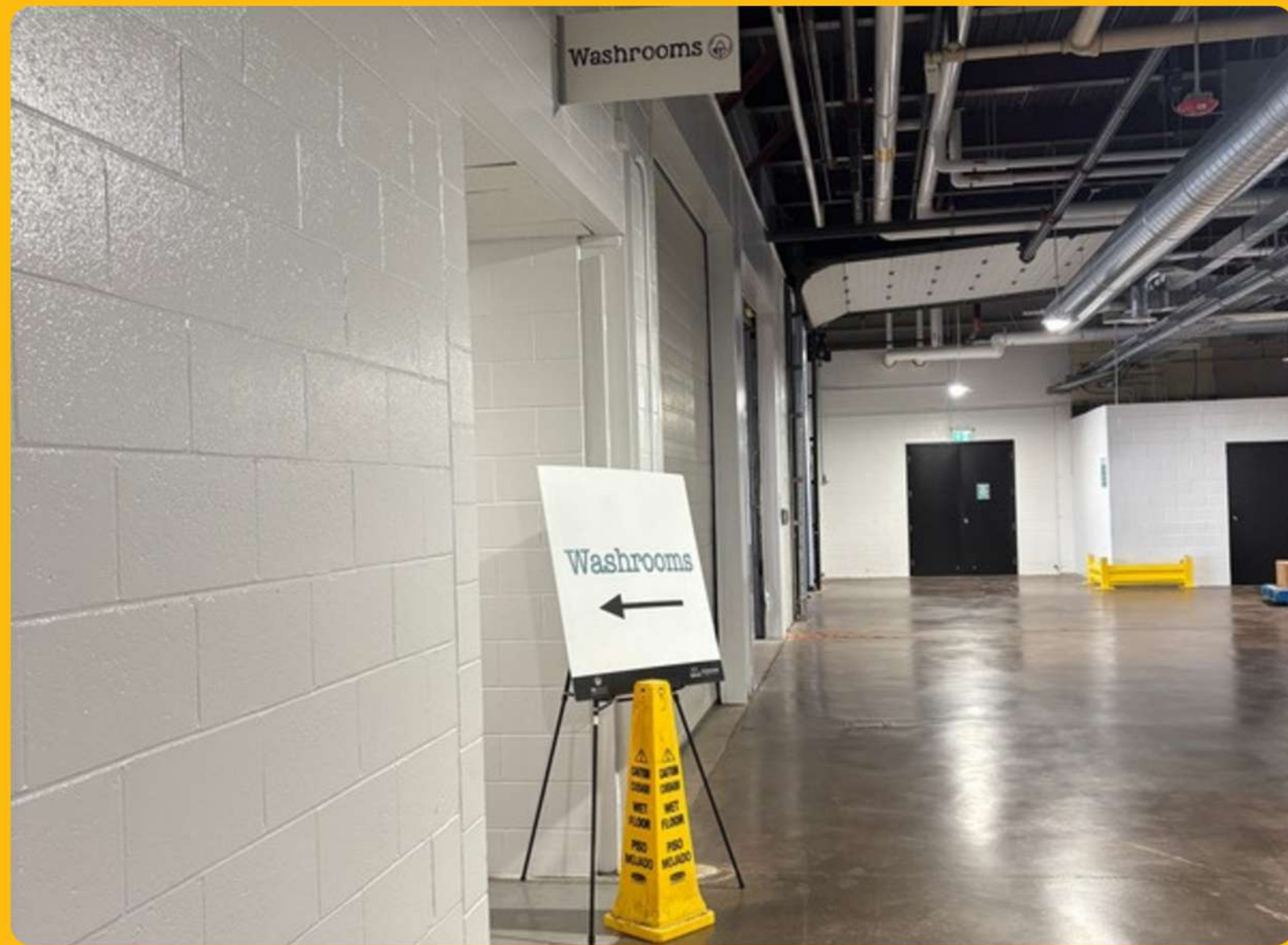
There are 3 white hand sinks in the kitchen.

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



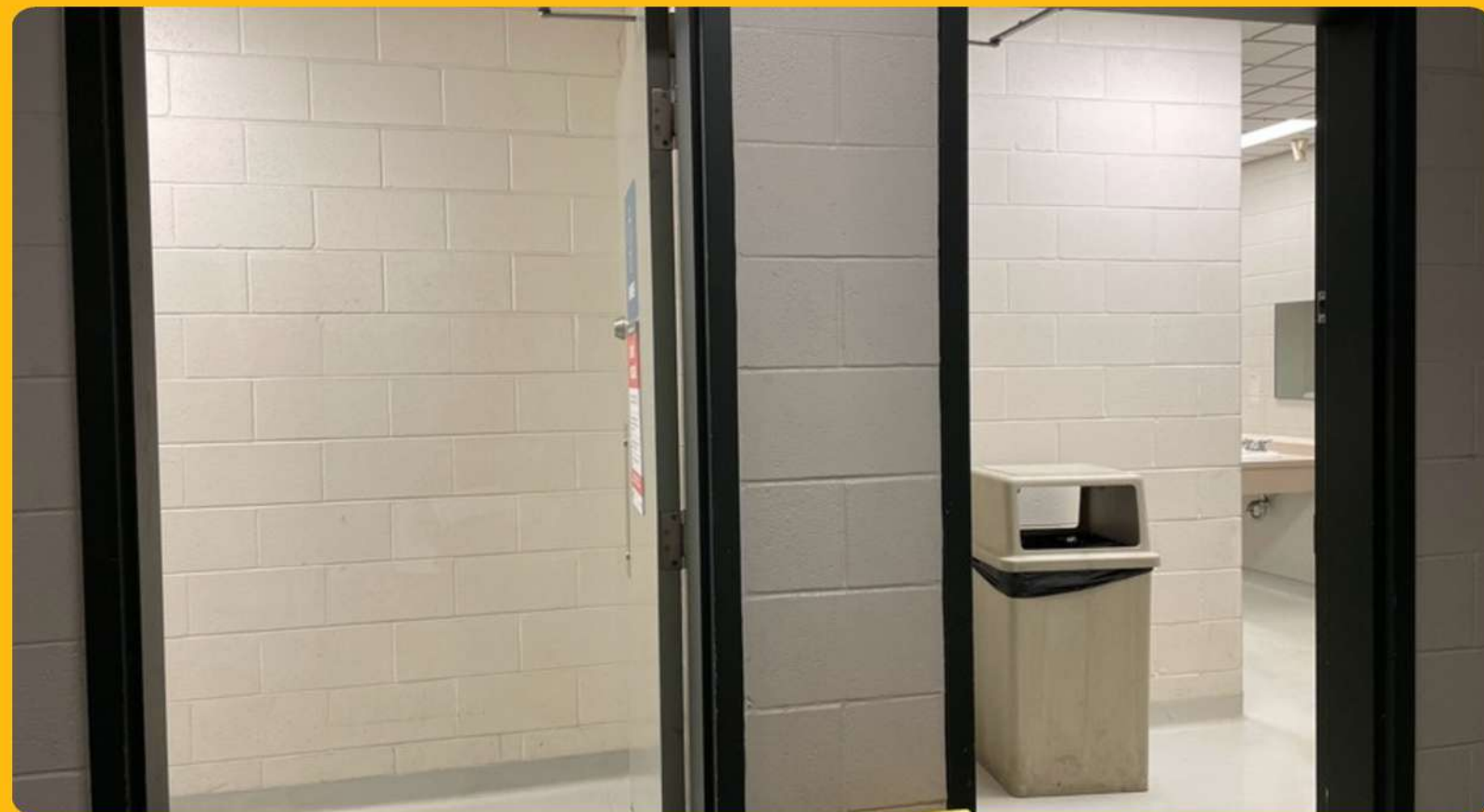
If my **HAIR** is longer than shoulder length, I will ask for a hair tie to tie it back.





The **BATHROOM** is down the hallway.

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





The universal and gender inclusive **BATHROOM** is down another hallway.

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

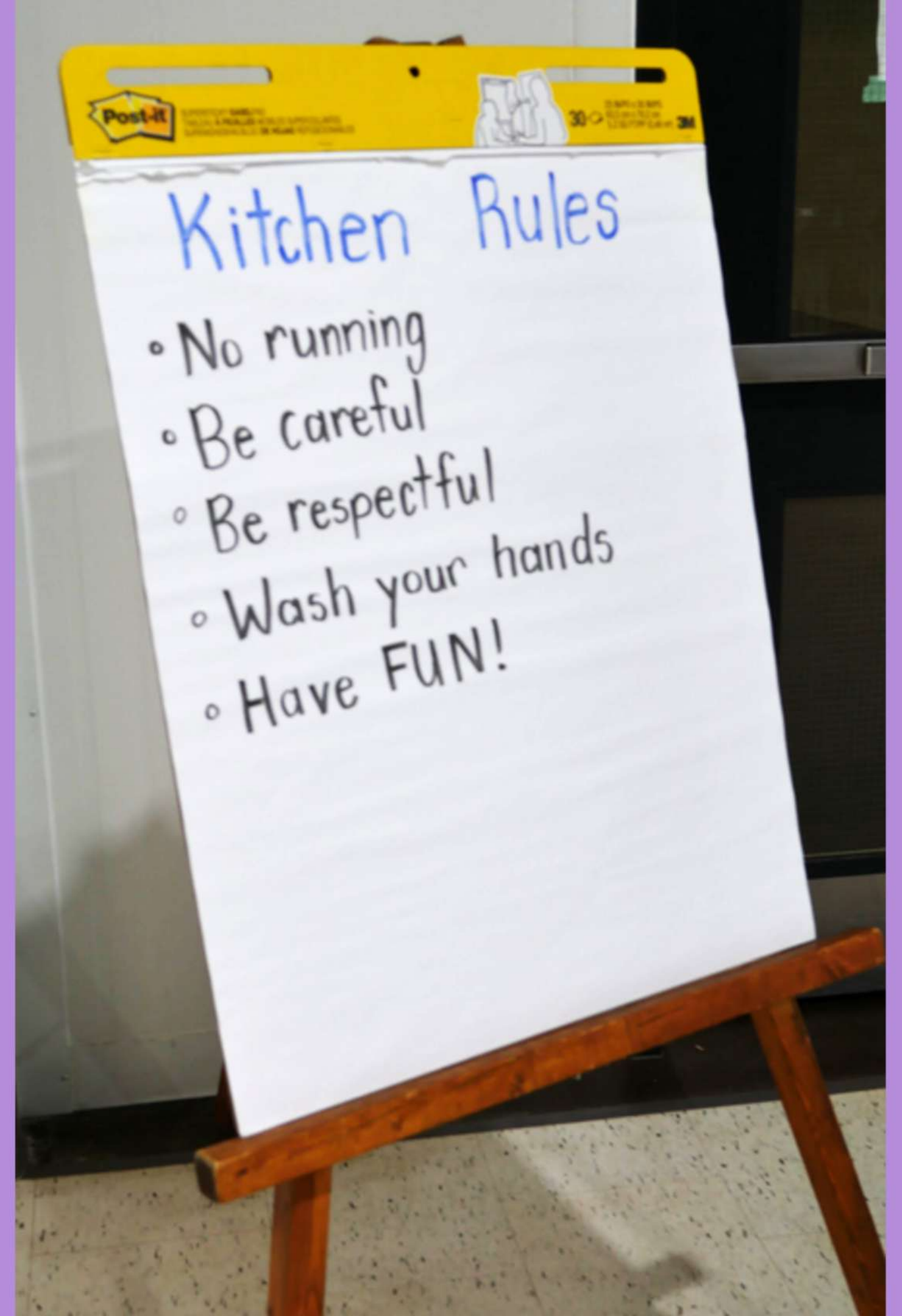
The chef will tell me about the **KITCHEN RULES**.

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.

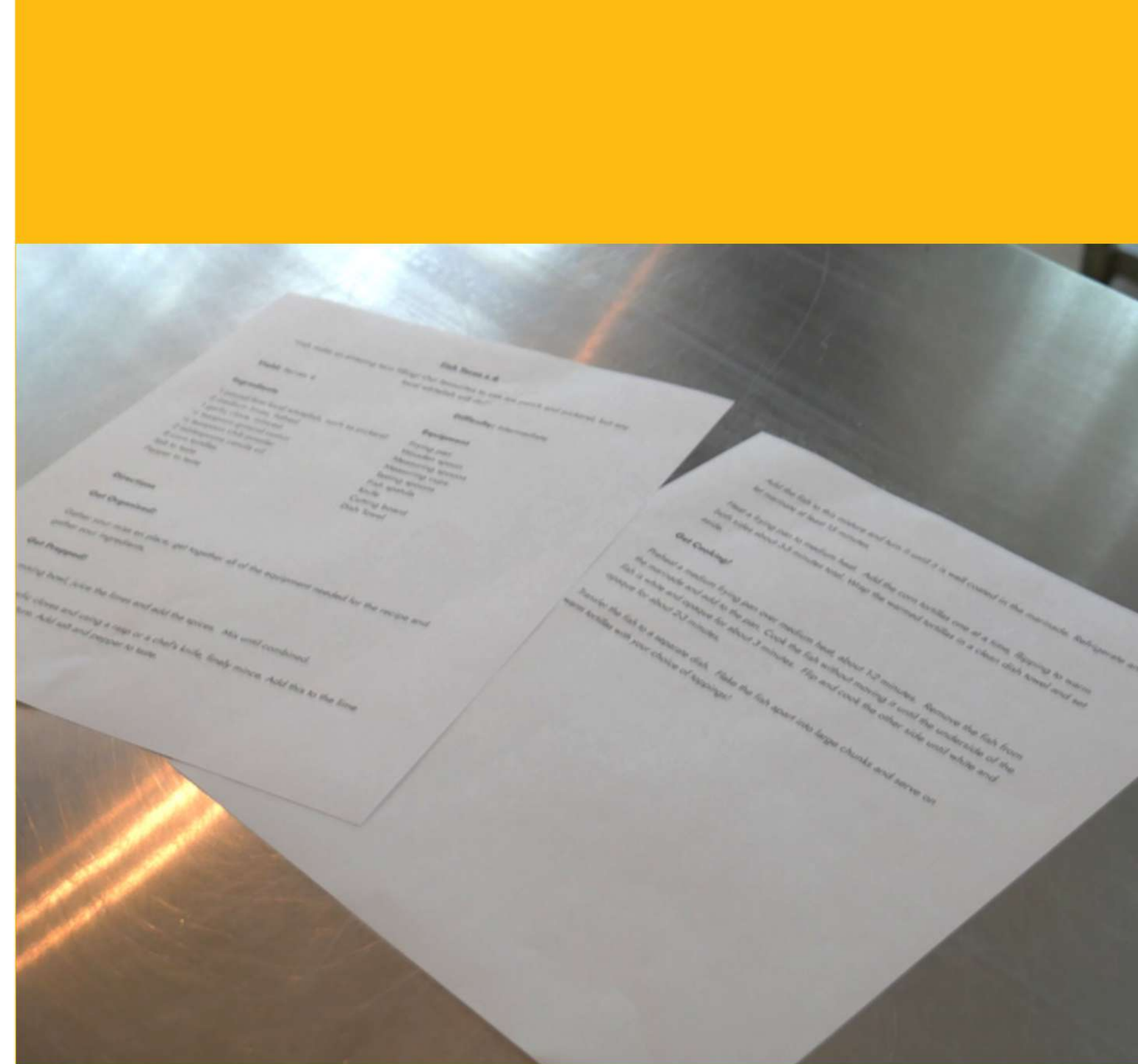
The chef will tell me the next **STEP** of our recipe or an important safety instruction.

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 busy.

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

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

LARGE dirty dishes, like bowls and cutting boards, go in the **LARGE** bus bin under the table.

SMALL utensils, like knives and peelers, go in the **SMALLER** bin under the table.



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 do 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: christy@growingchefsontario.ca
Phone: (519)-679-4769

