



Discover the Joy of Food.

✦ A New Food Adventure Every Week. ✦

The Hands-On Food Discovery &
Cooking Program for Ages 3–8



THE PARENT QUESTION

How can I help
my child
enjoy food,
try new things,
learn real skills &
build healthy habits—
without food
becoming a battle?



TRY NEW FOODS

Grow curiosity
for new tastes.



REAL SKILLS

Kids really cook
and participate.



POSITIVE HABITS

Pressure-free
food exploration.



Positive exposure creates **curiosity.**

• WHAT IS GOURMET KIDS? •

More Than a Cooking Class. A Food Discovery Adventure.

Every week, children discover new foods,
cook with their own hands, and
experience something completely new.



DISCOVER

Ingredients,
flavors & cultures



REALLY COOK

Real hands-on
cooking



IMAGINE

Characters,
stories & songs



EXPLORE

Positive.
Curious.
Pressure-free.



Every week brings something new
to **discover**, make & remember.

Gourmet Kids Food Adventure Method™



Every class follows a simple journey that turns food into an experience children can explore, make, taste & remember.



Explore it. Create it. Taste with curiosity. Celebrate every discovery.

EXPLORE

Meet the Food Before Making the Food.

Before children cook it, we give them
a reason to become curious about it.



LOOK • TOUCH • SMELL

Discover colors, shapes,
textures & aromas.



MEET THE FOOD FRIEND

Characters, stories & songs
make ingredients memorable.



DISCOVER ITS STORY

Where it grows • Food group •
Culture • Fun facts



♥ Curiosity starts before the first bite. ♥



FOOD COMES TO LIFE

Ingredients Become Friends Children Remember.

Original characters, stories, songs & food adventures turn ingredients into something children can connect with.



MEET THEM

Original Gourmet Kids food characters



LEARN WITH THEM

Stories • Songs • Fun Facts



COLLECT THEM

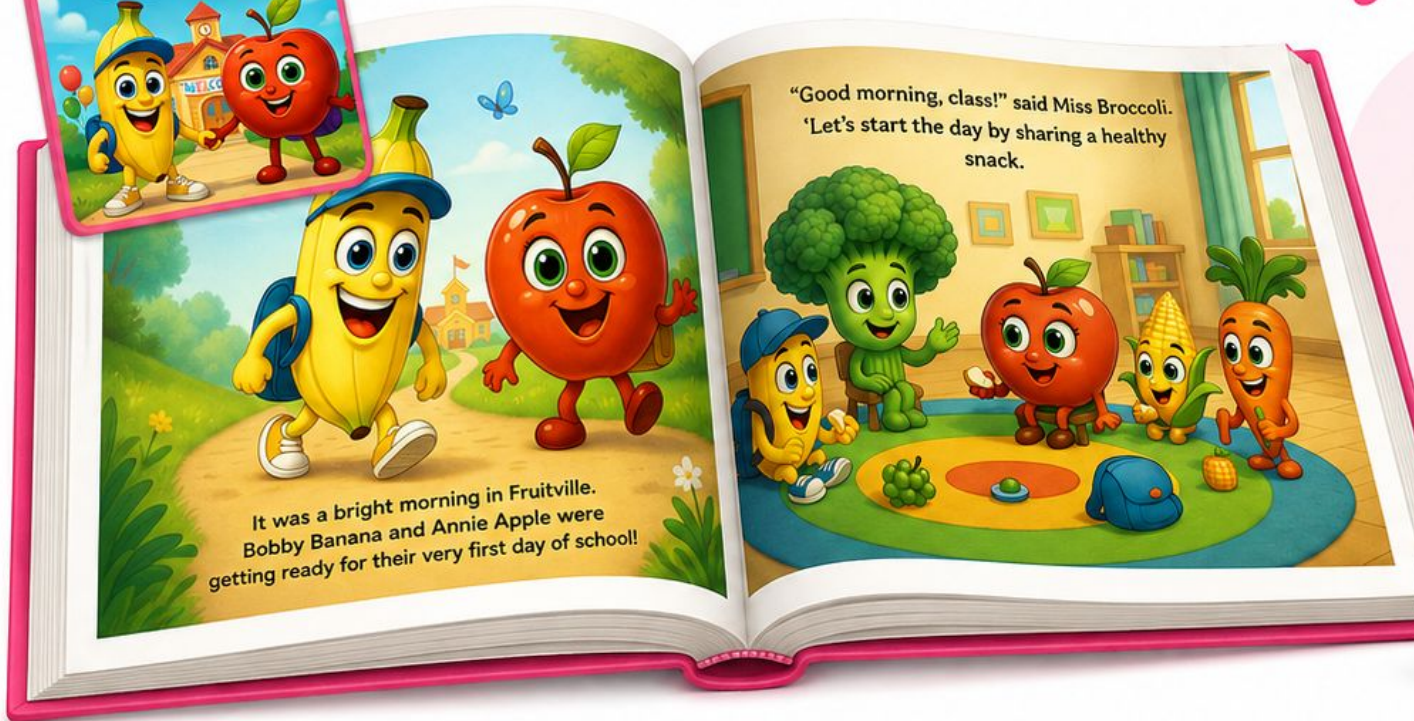
Characters return through the Digital Passport

They don't just learn about food. They meet it.

STORIES & ORIGINAL MUSIC

Stories They Remember. Songs They Sing at Home.

Characters help turn food discovery into stories,
songs & lessons children can connect with.



STORY

Food adventures become
memorable stories.



SONG

Original music makes
learning easy to remember.



LIFE LESSON

Kindness • Confidence •
Curiosity • Friendship

Sing it. Story it. Remember it.



CREATE

Little Hands Do the Cooking.

Children don't just watch the recipe happen. They help make it happen.

MEASURE & POUR • MIX & ROLL • SHAPE & ASSEMBLE

“I made this.”



KIDS REALLY COOK

They Don't Watch. They Make It.

Every class gives children real, age-appropriate cooking jobs they can do themselves.



MEASURE



POUR



MIX



ROLL



SAFE CUTTING



ASSEMBLE

**Real participation
builds real confidence.**

➤ **TOOLS MADE FOR LITTLE HANDS** ➤

The Right Tools Make Real Cooking Possible.

Age-appropriate tools help young chefs
cook with more independence, confidence & control.



EASY TO HANDLE

Sized and selected
for young hands.



REAL COOKING JOBS

Whisk • Roll • Mash •
Measure • Spread • Cut



MORE INDEPENDENCE

Children can do more
for themselves.

➤ **REAL TOOLS — NOT TOYS** ➤



➤ **Real Tools. Real Skills. Real Confidence.** ➤

40+ SPECIALTY COOKING MACHINES

..... ➤ **ENDLESS FOOD ADVENTURES** ➤

40+

**A new machine.
A new recipe.
A new adventure.**



**WAFFLES &
THEMED CREATIONS**

character waffles • quesadillas



**WORLD FOOD
FAVORITES**

pizza • crepes • pasta



BAKE & CREATE

donuts • cake pops • cupcakes



**COLD &
SPECIALTY TREATS**

ice cream • frozen treats



The machine creates the **WOW. The children still do the cooking.**



TASTE

Be Curious. Give It a Try.

Two-Bite Club™

Children explore foods in a positive, pressure-free environment.



1 SEE • SMELL • TOUCH

Start by exploring.



2 TASTE WHEN READY

Trying is invited — never forced.



3 CELEBRATE CURIOSITY

Every positive food experience counts.

..... ♥
Positive Food Experiences.
Never Food Pressure.



CELEBRATE

Every Discovery Is Worth Celebrating.

What they made • What they learned •
Skills practiced • Foods discovered •
Cultures explored

The Adventure Becomes Part of Their Gourmet Kids Story.



GOURMET KIDS DIGITAL PASSPORT

Every Stamp Tells Their Gourmet Kids Story. 🍴

A growing record of the foods, cultures, characters & cooking skills your child discovers throughout the year.



COUNTRIES & CULTURES

Where they explored through food



CHARACTERS & INGREDIENTS

Who & what they discovered



COOKING SKILLS

What they practiced



ACHIEVEMENTS

Milestones along their adventure



Stamps celebrate participation & discovery — not how much a child eats.

AROUND THE WORLD THROUGH FOOD

Every recipe can open the door to a new culture, ingredient or tradition.



Making the World Feel Exciting, Delicious & Connected.

One respectful, hands-on food adventure at a time.

FUN BY DESIGN. THOUGHTFUL BY FOUNDATION.

Every food adventure is built to help children discover,
learn, create and build positive habits along the way.



Curriculum informed by trusted childhood nutrition & wellness resources including [MyPlate](#) and [The OrganWise Guys](#).

THE ADVENTURE CONTINUES AT HOME

• Parents Stay Connected to Every Food Adventure. •



CLASS PHOTOS



12 New Photos



WEEKLY RECIPE



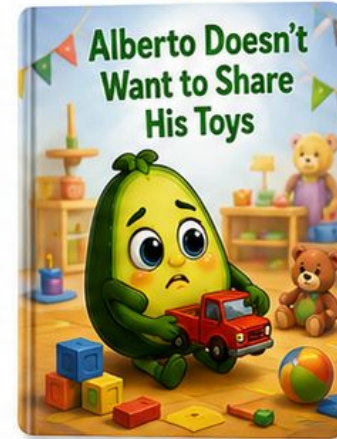
Taco & Guacamole Adventure

Cook It Together at Home



WEEKLY BOOK & PROJECT SONGS

WEEKLY BOOK



PROJECT SONG



PASSPORT UPDATE

3 New Stamps Earned!



COMING TO THE
GOURMET KIDS
PARENT PORTAL



Activities



Certificates



Guides



Mini Cookbooks



Family Projects

Every Class Becomes a Memory for Children — and a Meaningful Update for Parents.

≧ WHAT CHILDREN GAIN ≦

More Than a Recipe. Skills That Grow With Them.



COOKING CONFIDENCE

Pride in making
something themselves.



FOOD CURIOSITY

Discovering new
ingredients, flavors
& textures.



CULTURAL AWARENESS

Exploring foods &
traditions from
around the world.



INDEPENDENCE

Doing more with
their own hands.



BALANCED FOOD KNOWLEDGE

Learning about
variety & the five
food groups.



CREATIVITY & FINE-MOTOR SKILLS

Mixing • Rolling •
Shaping • Decorating



♡ Proud. Curious. Capable. Excited to Try Again. ✨

MEET THE TEAM

BEHIND THE ADVENTURE



CHEF ANGIE

The Real-World Guide to Every Food Adventure.

Warm • Creative • Encouraging • Hands-On



CHEF LUIGI

The Playful Assistant Who Makes
Discovery Even More Fun.

Questions • Laughs • Stories • Food Discovery



Real Guidance + Playful Imagination

Together, they help bring the Gourmet Kids world to life.



Chef Angie brings the Gourmet Kids world to life — but the child is always the hero.



WHAT PARENTS & SCHOOLS ARE SAYING

Children love the adventure. Families see the difference.

“

PARENT

“My child looks forward to Gourmet Kids every week.”



“

PARENT

“We love the photos, recipes, and seeing what they learned.”



“

SCHOOL DIRECTOR

“The program is engaging, organized, and a wonderful enrichment for our families.”



“

PARENT

“My child is more confident and excited to try new foods.”



When children love the experience, parents notice — and schools do too.



PROJECT ADVENTURES

**Hungry
Caterpillar**



**Little
Critters**



**Cookie
Monster
Cupcake**



TASTY ANIMAL CREATIONS

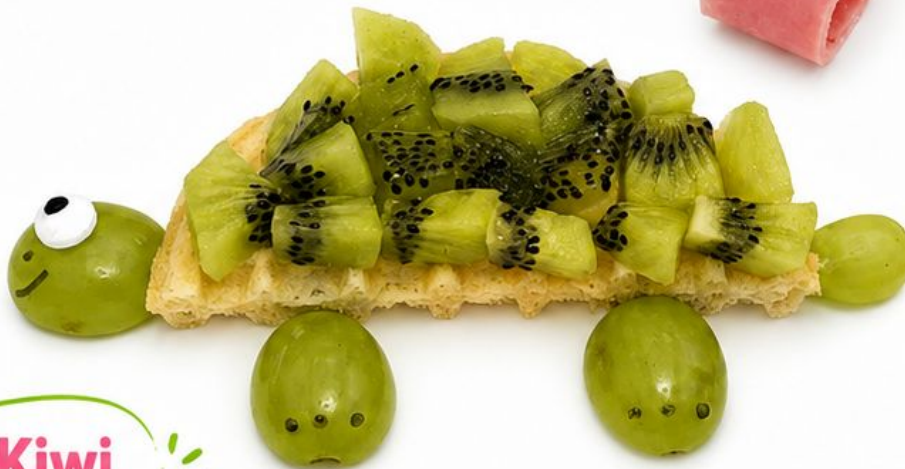
Frog
Sandwich



Blueberry
Bee



Kiwi
Turtle



HOLIDAY PROJECTS

**XOXO
Cookies**



**Melting
Snowman
Cookie**



**Turkey
Sandwich**



HOLIDAY PROJECTS

Easter
Stencils



Ghost
Pizza



4th of July
Fruit Flag



HOLIDAY PROJECTS



**Spider
Cupcake**



**Santa
Cookie**



**Bunny
Pancake**

YUMMY KITCHEN CREATIONS

Strawberry
Empanadas



Mini
Lasagna



Pear
Parfait



WORLD FOODIE PROJECTS

Tacos



Crepes



Sweet Sushi



Pizza



STORYBOOK FOOD FUN

Lion
Pasta



Veggie
Pot Pie



Butterfly
Quesadilla



FRUITY ADVENTURES



Banana
Giraffe



Apple
Turnover



Fruit
Kebabs

SWEET & SILLY TREATS

Strawberry
Shortcake



Banana
Porcupine



Orangilicious
Smoothie

SWEET & SILLY CREATIONS



Blueberry
Donuts



Peach
Cannoli



Mr and Mrs
Potato Pancake

Ready for Their Next Food Adventure?

Discover the Joy of Food.

Give your child a new adventure to explore,
create, taste & celebrate every week.

LEARN MORE

SCAN TO LEARN MORE



 gourmetkidsprogram.com

 (305) 308-3631

Ages 3-8 • Hands-On Food Discovery & Cooking

 **EXPLORE**

 **CREATE**

 **TASTE**

 **CELEBRATE**